



Chase Sterling, M.A., CWP

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Chase Sterling is a passionate advocate for workplace wellbeing, blending storytelling, science, and humor to inspire meaningful change. She is the founder and CEO of Wellbeing Think Tank, a 501(c)(3) nonprofit known for amplifying experts over influencers and providing free educational events that support individual and organizational wellbeing. As principal consultant at HHP Cultures, she helps organizations implement evidence-based strategies that drive meaningful culture change. With over 20 years of experience, Chase has spoken internationally and presented for SHRM, the International Foundation, Harvard, NASA, and more. Her professional background includes roles with Cigna, Google, and the Wounded Warrior Project. She has been published in the *American Journal of Health Promotion*, contributes to the Harvard Flourishing at Work program, and represents business and industry for the U.S. National Physical Activity Plan. She often reminds audiences of this: “When it comes to wellbeing at work, all you need to do is . . . everything.” A U.S. Army veteran, Chase holds an M.A. degree in industrial-organizational psychology with a focus on occupational health, a B.S. degree in exercise science, and multiple industry certifications.