

## ABOUT DR. JUDITH WRIGHT



Dr. JUDITH WRIGHT is hailed as a peerless educator, world-class coach, relationships and lifestyles expert, inspirational speaker, best-selling author, and corporate consultant. She has the rare ability to touch groups of all types and sizes, communicating her messages with great passion that educates and inspires audiences.

Called “one of America’s Ultimate Experts” by Woman’s World Magazine and “one of the most sought-after self-help gurus in the country” by The San Francisco Chronicle, Dr. Wright has been featured as a lifestyle and relationship expert and coach in over a thousand media appearances from Chicago to Beijing including ABC’s 20/20, Oprah, Good Morning America, the Today show, and radio and television shows, magazines, and newspapers around the globe.

Dr. Wright co-founded the Wright Foundation and the accredited Wright Graduate University for the Realization of Human Potential that offered master's and doctoral degrees and graduate certificates in transformational leadership, coaching, and social and emotional intelligence, where she served as President, Chief Academic Officer, and Professor of Transformational Education.

Dr. Wright first rose to national prominence by developing innovative educational national demonstration programs for children with developmental disabilities and their families, as well as a model national demonstration program for students with disabilities to successfully attend college. These experiences fueled her passion for developing human potential at all levels of functioning and strengthened her deep-rooted commitment to helping people live all-round satisfying and fulfilling lives. Dr. Wright then applied the profound insights she discovered in these model programs to the general population, spurring people from all walks of life to significant success in personal transformation, leadership development, and personal goal fulfillment and service – living with more life, love, and meaning.

A trailblazer in human development, Dr. Wright’s initial ten-year research initiative revealed a model process of personal transformation providing a map and tools to live a great life—the neuroscience of changing your life for the better, forever—which has changed lives for thousands of people.

A best-selling award-winning author, Dr. Wright has written; *There Must Be More Than This*, *The One Decision*, and *The Soft Addiction Solution* and has co-authored *Transformed!: The Neuroscience of Changing Your Life for the Better, Forever*; *The Heart of the Fight: Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer* and *The Foundations of Lifelong Learning* to share their proven personal transformation methodologies with a broader audience.

Deeply committed to empowering women to bring balance with the masculine in our world, Dr. Wright founded SOFIA (the Society of Femininity in Action), providing revolutionary

leadership training for women and women's empowerment –expanding the definition of power to enhance the impact of women's leadership in our world.

Dr. Judith Wright is a sought-after speaker and expert in areas like leadership, women's training and development, relationships, wellness and lifestyle, career fulfillment, spirituality, and more. She has been a keynote speaker for hundreds of events, conferences, and corporations. Dr. Wright is often acknowledged for her rare ability to touch groups of all types and sizes, communicating her messages with great inspirational passion.

Dr. Wright is recognized as one of the country's foremost experts in social and emotional intelligence, developing graduate certificates in SEI and a rich, non-credit curriculum of applied skills, including her In/Out/Up/Down model of emotional facility.

A proponent of conscious and mindful living, Dr. Wright coined the term, "soft addictions", the seemingly harmless habits we all have (overdoing social media, shopping, sports, screens, etc.) that rob us of our quality of life. Dr. Wright developed eight key skills to not only overcome our soft addictions, but to also live a conscious, fulfilling, and nourishing life, which she shares in her training and coaching and in her book, *The Soft Addiction Solution*.

A recognized authority in Transformational Leadership, she co-founded the Transformational Leadership Symposium, convening experts from around the nation to recognize cutting-edge transformational leaders including Brad Anderson, former CEO of Best Buy, as well as the Nobel Peace Prize recipient and father of microlending with a focus on women's empowerment, Dr. Muhammad Yunus.

Dr. Wright serves and teaches with compassion, understanding, empathy, uncanny insight, and gentle truth-telling, combined with an engaging sense of humor, and backed by 40 years of experience and research. She draws on her own research results as well as deep research across fields ranging from neuroscience, psychology, existential philosophy, social sciences, and spiritual study to behavioral economics to provide powerful, practicable skills and tools for great living.

Dr. Wright has her BA in psychology, her MA in education and counseling, and her doctorate in Educational Leadership and Change. A lifelong student of world religions, she has studied spiritual teachers, communities, sacred sites, and myriad forms of worship as she has led spiritual study to people and places found holy around the globe for over 30 years.

She lives, works, plays, and shares vision and mission with her husband, Bob, in the Kettle Moraine area of Wisconsin, riding her bike, cross-country skiing, and delighting in wildlife and natural beauty of the forest, prairie, lake, and the vibrant adventure of relationship.