



Christine Ramsay, CDP

Chief Wellbeing Officer & Founder of Ignite Inclusion, LLC

Director Inclusion and Culture at Insmad

Tedx Motivational Speaker

Author

Certified Integrated Health & Wellbeing Coach

Workshop Facilitator & Culture Consultant

Specializing in Wellbeing, Employee Experience/Culture, Happiness, DEIB, Leadership, Emotional Intelligence, Neuroscience, Resilience, and Neurodiversity.


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Tedx Talk: The Extraordinary Power of Neurodiversity <https://youtu.be/VaanJc7sI4k>



Christine Ramsay (She/Her/Hers) is Chief Wellbeing Officer and Founder of Ignite Inclusion, LLC whose mission is to help individuals and organizations build a culture of wellbeing by building habits of life-work flow to reduce burnout and improve employee happiness.

She is also an intrapreneur as Director of Inclusion and Culture at Insmad, a biopharmaceuticals company focused on helping people with serious and rare diseases.

She is a first-generation Armenian-American bi-lingual woman who is a connector, storyteller, and cross-cultural inclusive leader whose superpower is empathy. Her vision is to create a world where all people feel supported in their emotional, mental, physical, and spiritual health journey to live a happy and healthy life.

She is a Certified Integrated Health and Wellbeing Coach from Institute for Integrative Nutrition, a Tedx and international motivational speaker, International Author of Anthology “Your Life is Worth It”, Certified Coach in Brain Based Skills Neuroscience of Inclusion, Social and Emotional Intelligence (EI), and a Certified Diversity Professional (CDP). She is a parent advocate for Gender inclusion, Autism & Neurodiversity, Well-being and Happiness.

She has 20 years of corporate experience in various industries such as pharmaceuticals, manufacturing, technology, consumer products, leading organizational culture strategy to create human-centric, equitable, and inclusive high performing cultures where all people can reach their full potential and thrive.

In 2023, she has been named Top 50 Global Neurodiversity Evangelists by Neurodiversity World powered by Dynamis Group and received the high honor 2023 Diversity Leadership Award from Pennsylvania State University from the Smeal College of Business.

She has spoken at major conferences around the globe such as the Gross Happiness Summit for the University of Peace hosted by the United Nations in Costa Rica, SHRM and ATD national conferences, many podcasts, and has been interviewed by leading best-selling author and entrepreneur voices such as Tiffany Dufu and Claudia Chan.

She is an active member and advocate of the United Nations of USA, a forum to voice support for U.S. engagement at the UN, with a current focus in making the Sustainable Development Goals (SDGs) a success.

A lifelong Philadelphian, Christine received her Bachelor's in Marketing and International Business from Pennsylvania State University and her master's degree in Human Resource Development from Villanova University specializing in Inclusion and Diversity Strategy.

Most Requested Programs:

Leadership Coaching & Consulting:

- 1:1 Leadership Coaching and Group Coaching – pricing upon request
- Consulting on Wellbeing, Employee Experience, and DEIB Global Strategy

Speaking Keynote Topics & Facilitated Virtual/In Person Workshops

* Neuroscience based assessments used in conjunction with development of these topics

- Wellbeing/Joy/Happiness at Work
- Resilience
- Social and Emotional Intelligence
- Employee Experience
- Diversity, Equity, Inclusion, Belonging
- Unconscious Bias
- Cultural Humility
- Leadership
- Neurodiversity

Delivery options:

Christine approaches each engagement with a focus on your business. Time is spent to understand your company culture, objectives, and audiences. Each presentation is customized to fit your mission and goals. All topics are available as a keynote, workshop, or webinar. Custom programs and consulting projects available upon request.

- Keynote- 60- 75 minutes in duration
- Keynote + Breakout sessions- Keynote plus another 2-3 hour mini workshop, helping attendees to further internalize the key messages
- Keynote, Breakouts, and Follow up Webinars or consulting – Above option plus a series of follow up webinars to both reinforce the key messages and as strategy development.
- Facilitated Interview/panel discussions- Poignant, well- prepared yet naturally delivered, professionally facilitated interview of senior executives, customers, or partner panels with key messages as bookends of the discussions.
- Executive Briefings- Customizable private forum or working session for senior executives
- Consulting services
- **Pricing:** 60-90 minute keynotes and workshops; pricing upon request; for additional pricing on customized content upon request

Testimonials:

"Christine's remarks at our all staff meeting tied in well to our work this year on CliftonStrengths. The idea of finding JOY in our lives - both at work and away from work - was a great way to celebrate our journey. Christine did an excellent job getting our staff engaged in her presentation. The dialogue and discussion was a true testament to her talented approach to the presentation theme of the The Power of Awakening Joy."- Molly Pelzer Chief Executive Officer at Midwest Dairy

"Christine was truly a pleasure to work with, but not only that, she absolutely shined during the presentation at our company. The feedback from our employees was overwhelmingly positive! I hope to work with Christine again in the future and I cannot recommend her enough for your speaking engagements." Jazmine Hill, Sr. Implementation Strategist at Guru

"Christine, I am still on a high from your very engaging and thought-provoking session yesterday evening for ICF Philadelphia on the Power of Awakening Joy - and on International Happiness Day too! You bring a high level of empathy to your work. Your personal stories were very impactful and the neuroscience behind the concept of joy was illuminating. Thank you for sharing your knowledge, challenging us, and advancing the coaching profession! I look forward to working with you again." Beverly Doody, PCC, CPC, HR consultant, Certified Professional Coach, and Adjunct Professor

"Christine is an amazing DEI and human resources professional with a strategic and innovation leader mindset that shows in all that she does. Her influence on those that she works with provides support that is matchless and consistently demonstrates her subject matter expertise. She is known to tackle the tough conversations that prompts leadership thinking at all levels of the organization and in consideration of all those that she comes in contact with. My firm has relied on her for DEI ideas that can be placed in

action as well as shared speaking forums where inspirational storytelling is at the core of what she will provide.”- Susan Childs, Principal Managing Partner for LCA Enterprises Limited

“Christine, On behalf of the Programs Summit Committee, I wanted to share a very quick note of gratitude for the amazing job that you did for the Summit and in the months preceding spent preparing! We heard nothing but amazing feedback and we stand back in awe and amazement of all the hard work you all did to make the Greater Valley Forge HR Summit event the tremendous success it was.

The preparation you put into this event was evident in every detail and our members and attendees sincerely appreciated it. We know from past years that the success of this event is truly a team effort. We appreciate you and the tremendous job that you all did. We hope that you were able to take some time to enjoy the day as well. We are impressed and grateful!!!!” - Karen Carr, Programs Committee Greater Valley Forge HR Summit 2023

“Christine was an excellent panel participant for our discussion on Experiencing Inclusivity. Her perspectives were rich, and her examples showed a depth that blended her years of experience in neuroscience with her unique background in DEI. Since this topic was very personal for her, she brought personal and corporate experiences, making the conversation extra meaningful and applicable to our audience. Thank you, Christine, for sharing your learnings! “ - Tiffany Lentz, Vice President, Pariveda

“Christine is a true dedicated and talented strategist in the diversity, equity and inclusion space. Her greatest strength is her ability to balance the people side with the business realities, which is critical for the DEI change process. In addition to Christine’s ability to build successful cultural competency in others and in organizations, she radiates high-energy, a positive perspective and thoughtfulness with everyone she interacts with. Christine also brings care and calm to interactions that can be emotionally charged, leaving participants with optimism and learning. An intellectual with creative capabilities, I would recommend Christine without reservation.”- F.Luis Buentello- CEO and President of Beacon Associates

“I had the honor of introducing Christine at the Greater Valley Forge Human Resource Association Annual Summit. Christine's presentation was timely (and within the time allocated), engaging and informative. I can recommend her to other organizations in need of a speaker on any topic area in her areas of expertise. She is clearly a leader in her field and I look forward to opportunities to work with her in the future.” – Edward Ned Smith Compensation Consultant

“Christine is one of the most passionate, humble, connected individuals that I have ever met. She was the most engaged and thoughtful facilitators for the Diversity and Inclusion leadership training program. Christine has the uncanny ability of meeting people exactly where they are and helping them to feel appreciated and respected. Her vision to connect others is something that she lives every single day. It is inspiring just to be around Christine and an honor to work with her and to learn from her. She is a one-of-a-kind leader, teacher, and friend.” - Kelly Fields Talent Acquisition Leader at Riot Games

“Christine is so fantastic and great!. She shared a lot of helpful information about Neurodiversity and mental health.” – CRATD attendee

“Christine presented great information and many lightbulb moments!” CRATD attendee

“Christine is very engaging, a great speaker with a ton of helpful tools and examples that goes along way to implement.” - SHRM attendee

“Christine was incredible, and I loved how personable and engaging she was with our team. I really enjoyed the mix of theory and application and I look forward to continuing to learn more and putting the knowledge to use.: Client Guru

Upcoming and previous public speaking and media engagements:

Tedx Speaker on November 7th, 2021 in Raleigh, NC – The Extraordinary Power of Neurodiversity. <https://youtu.be/VaanJc7sI4k>

International Author of Anthology “Your Life is Worth It” with 10 remarkable women led by Dr. Marsie Ross- International Best Selling Author, Speaker, and Health & Well-Being Expert

2023 Named Top 50 Global Neurodiversity Evangelists by Neurodiversity World Powered by Dynamis Group <https://lnkd.in/gf-48grW>

2023 Diversity Leadership Award from Pennsylvania State University <https://www.smeal.psu.edu/alumni/honoring-alumni/alumni-award-recipients/christine-ramsay-05-marketing>

Keynote Presenter for numerous organizations:

- Hilton Grand Vacations
- Tokio Marine North America Services
- Guru
- CAP COM Federal Union
- ICF- International Coaching Federation
- Atara Biotherapeutics
- Jazz Pharmaceuticals
- Spark Therapeutics
- Midwest Dairy
- The Select Group
- Pariveda
- NC Lottery
- The Cru – Founder Tiffany Dufu
- University of Peace for United Nations

- Pennsylvania State University
- Villanova University
- SHRM in Greater Valley Forge
- ATD in NYC
- Diversity Woman Media Conference
- Gross Global Happiness Conference
- HR West Conference
- Healthcare Women's Business Association (HBA) Conference
- International Happiness Conference
- Hacking HR Conference
- Jobs for Humanity

Keynote Speaker for United Nations Gross Happiness Conference March, 2022 in Costa Rica at University of Peace- *Awaken Your Happiness* Session

https://www.youtube.com/watch?v=sIdJzmJ9wEk&list=PLZ819-nwz7gZBH0JvMb9QAOp61Sv_dHjp&index=21

Keynote Speaker for United Nations Gross Happiness Conference February 2023 “The Power of Awakening Joy” <https://youtu.be/FKTGRJ8UgjA>

Keynote Speaker for Tokio Marine North America Services “The Power of Awakening Joy” July 2023

Keynote Speaker for Diversity Woman Media DEIB Conference in Chicago “The Extraordinary Power of Neurodiversity” June 2023

Panel Speaker for SHRM Valley Forge Annual Summit “Embracing Differences and Discovering Similarities is Thriving Business” October 2023

Keynote Speaker for Hilton Grand Vacations for all internal employees April 2023

Keynote Speaker for Guru all internal employees April 2023

Received Honorable Mention for *Out of the Ordinary* book proposal for Hay House Publishers Contest April 2021

Keynote Speaker for ICF – International Coaching Federation on “*The Power of Awakening Joy*” March 2023

Workshop Presenter at HR West on *Inclusive Leadership* March 2022

Workshop Presenter at HR West on *How HR and DEI professionals can create a neuro-inclusive culture*; February 2022

Workshop Facilitator at International Happiness Conference Miami, FL March 2022

Association Talent Development Conference (ATD) 2019, 2020 New York, *Out of the Ordinary Embracing Neurodiversity and Mental Health: How to Lead with Belonging and Inclusion in Mind* <https://youtu.be/OXAqFBPX9Qw>

Society of Human Resource Professional Conference (SHRM) 2019 Philadelphia Workshop Presenter: *How to Lead with Inclusion and Belonging in Mind* <https://youtu.be/bblq4lxxfRc>

Podcast appearances:

- Podcast guest on “The Business of Happiness” with Host Dr. Tarryn MacCarthy <https://podcasts.apple.com/us/podcast/the-business-of-happiness/id1537122859?i=1000596592361>
- Podcast guest on “Reimagine Ambition” with Host Marissa Green <https://podcasts.apple.com/us/podcast/episode-5-simple-ways-you-can-find-more-joy-as-a/id1667035521?i=1000604152429>
- Podcast guest on “Grown Woman Life” with Rocki Howard Chief Diversity Officer <https://www.iheart.com/podcast/269-grown-woman-life-59425064/episode/christine-ramsay-founder-ignite-59462206/>
- Podcast guest on Pathfinder Business Consultancy “ Diversity Breakthrough” with Jay Graves CEO <https://pathfindersbreakthroughtoorganizationalexcellence.buzzsprout.com/1445689/7589680-neurodiversity-as-a-super-power-with-christine-ramsay-of-ignite-inclusion>
- Podcast guest on Neurodiversity Stories with Darren Clark <https://podcasts.apple.com/us/podcast/we-have-power-to-change-how-we-see-neurodivergent-humans/id1513617956?i=1000522894007>
- Podcast guest on Career View Mirror with Joyel Crawford https://www.youtube.com/watch?v=S5Pd3_272MU
- Podcast guest on Hacking HR with Enrique Rubio <https://lnkd.in/dFjGZmR>

Workshop presenter/guest for Claudia Chan author of “How we Rise” on Neurodiversity in April 2021. https://www.youtube.com/watch?v=N_0GEAfzqjY

Panel Speaker for Healthcare Women’s Business Association May 2021: A Focus on Black Inequality: Leadership Solidarity In Action- A Reunion Check – In <https://my.hbanet.org/Events/AddEdit/EventDetails/MeetingID/D00B7544-970B-4C5A-A5B3-AD861AE8F31B>

Diversity Equity Inclusion Speaker/workshop presenter for Founder Tiffany Dufu and her company The Cru internal employees, April 2021 <https://www.thecru.com>

LinkedIn live guest with Tiffany Dufu on DEI in April 2021 <https://www.linkedin.com/video/live/urn:li:ugcPost:6791014490734379008/>

Pariveda Esprit de Femme Diversity and Inclusion Panel Speaker, March 2021

Hacking HR Conference: The Future of Work and HR: A Global perspective March 2021- Panel Speaker for *Building High Performing Teams*- 24,000 attendees

<https://hrinnovationconference2021.hackinghr.io/wp-content/uploads/2021/03/2021-HR-Innovation-and-Future-of-Work-Global-Conference-EVENT-GUIDE.pdf>

The Climb Career Series with Zaniya Lewis to inspire young women and girls- "*You are Out of Ordinary- Simply Extraordinary*"- Keynote Speaker January 2021

Pennsylvania State University Guest Lecturer- "*You Don't Know, What You Don't Know: Disrupting Bias through Understanding of Neuroscience of Inclusion*" - over 600 attendees February 2021 <https://vimeo.com/527993264>

Pennsylvania State University Panel Moderator for NYC on "*Diversity, Equity, Inclusion, Belonging*" – 75 attendees January 2021

<https://www.smeal.psu.edu/events?trumbaEmbed=view%3Devent%26eventid%3D484464404>

Villanova University Frequent Guest Lecturer for Diversity, Equity, and Inclusion

<https://www.villanovahrd.com/single-post/2020/08/10/new-inclusion-diversity-strategy-certificate-launch>

Panel speaker for DEI Ecosystem of DEI practitioners on *How to Build Mental Resiliency and Thrive* April 2021

60 -minute workshop presenter for ICF president Cassandra Moore for her Career Café series and company TMYK Group on *How to Build Mental Resiliency and Thrive* for Mental Health Awareness Month May 2021

<https://www.facebook.com/watch/?v=2893059567689786>

Virtual Live Facilitation on *Neurodivergent Hiring* for Jobs for Humanity for Australia team September 2021

60 minute workshop presenter for Life Science Women's conference *How to Build Mental Resilience and Thrive* October 2021

<https://attendee.gotowebinar.com/recording/7209560834008036367>

Panel Speaker for NC Lottery *The Business Case of Diversity for Disabilities* October 2021

Guest Blogger on Paint her in Color Organization:

<https://www.paintherincolor.com/blog/my-sons-superpower>