

DR. KORTNI ALSTON, PH.D., MBA

Happiness Scholar, Trainer, Keynote &
TEDx Speaker

Speaking Topics

- ✓ Inclusive Well-Being in the Workplace
- ✓ Building Resilience in the Workplace with Positive Psychology
- ✓ Coping with the Climate of COVID For Educators and Students
- ✓ Unlocking Happiness in a Toxic Workplace for Human Resource Professionals and Executives
- ✓ Helping Journalists Protect Mental Health While Covering Tragedies

Featured In / Testimonials



"She had the audience on the edge of their virtual seats...Dr. Alston has a true knack of delivering the science behind why positive psychology works, while also providing practical tips."

-Zenica Chatman | Executive Coach

"I'm so grateful that I did find Dr. Alston. She is a powerhouse of knowledge on the research on positive psychology and in bringing more joy to our life and our work."

-Dr. Katie Rahe | Psychologist



Dr. Kortni Alston



@DrKortniAlston



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Biography

Dr. Kortni Alston is a Happiness Scholar, keynote, and TEDx speaker. As a sought-after Trainer, she customizes sessions focusing on workplace well-being, resilience, innovation, and happiness. Her services have transformed executives, educators, entrepreneurs, and journalists worldwide.

Dr. Alston is the Host for the Kourting Happiness podcast, ranked as one of the top 80 workplace and happiness podcasts to listen to in 2021. As a former TV Reporter and News Director with nearly 20 years in broadcasting, she treasures combining her industries to share positive psychology with a mass audience. Dr. Alston has appeared on television discussing happiness research, post-traumatic success, and racial trauma on WXIA-TV, WSB-TV, and WKYC-TV.

The Carter Center invited her to serve as a trainer for the Rosalynn Carter Fellowships for Mental Health Journalism. She has served as a facilitator for Report for America for a self-care session, helping journalists build resilience. At Middle Tennessee State University, she trained faculty, staff, and administrators; Dr. Alston shared how to leverage positive psychology in workplace well-being for in-person and remote work. As a Keynote Speaker, her topics have focused on committing and spreading happiness.

Dr. Alston is devoted to helping organizations flourish with positive psychology.

Contact Information

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