



## Biography

**Dr. Kortni Alston** is a Happiness Scholar, TEDx speaker, and Transformational Trainer.

Her area of research is interdisciplinary, combining the areas of positive psychology, business administration, and media management: her research concentrations value happier workplaces, well-being, and meaningful work.

She is a Podcast Host for Kourting Happiness, which helps listeners learn how to commit to well-being one episode at a time fueled by positive psychology. According to Feedspot, the podcast is among the top 80 for happiness and the workplace. In addition, she is the Department Chair and Associate Professor of Journalism for the Department of Communication, Art, and Design at Gardner-Webb University. Dr. Alston is working on two books, one focusing on mental health journalism and the other on well-being leadership.

Dr. Alston is an advisory board member for the Carter Center's Rosalynn Carter Fellowships for Mental Health Journalism. The program helps journalists increase effective and accurate reporting on behavioral health issues while equipping them with the tools to produce high-quality work. Dr. Alston advises journalists worldwide with the resources to report on mental health, strengthen their abilities as empathetic storytellers, and focus on their well-being.

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Dr. Alston is an in-demand and sought-after trainer. She has created customized training sessions focused on Workplace Well-Being, Resilience, and Happiness. The Carter Center invited her to serve as a trainer for the Rosalynn Carter Fellowships for Mental Health Journalism. Report for America invited Dr. Alston to serve as a facilitator for their Self-Care Session Helping Journalists Build Resilience. She was invited to train faculty and students as a Distinguished Lecturer at Middle Tennessee State University. In a university-wide session for faculty, staff, and administrators, Dr. Alston shared how to leverage positive psychology in workplace well-being for in-person and remote work.

With nearly 20 years of journalism industry experience, Dr. Alston has worked as a News Director in Baltimore for a National Public Radio (NPR) affiliate station. Dr. Alston has launched several national news programs such as "The Takeaway," hosted by John Hockenberry and produced by Public Radio International (PRI), BBC, The New York Times, WGBH, and WYNC. Additionally, she has served on the advisory.

She is a recipient of several fellowships by the National Association of Broadcasters Education Foundation, including Executive Development for Radio Executives at Georgetown University, Connections Mentoring Initiatives, and the Albert Fitzpatrick Media Institute at Cox Headquarters.

Dr. Alston began her journalism career as a Radio Personality and Entertainment Reporter at WAFL-FM in Delaware. She later became a Reporter in the top markets in the country, including Philadelphia and Houston.

Her stories gained national news coverage, including the Space Shuttle Columbia disaster. In addition, Dr. Alston has made several appearances on CNN, covering the astronaut's funerals and other stories such as Hurricane Claudette and other news events.

She has a Ph.D. from the University of Florida, College of Journalism and Communication.

Dr. Alston received her Master of Business Administration at Morgan State University and B.A. in Mass Communication with a focus on Television Production from Delaware State University. Dr. Alston has been inducted into Beta Gamma Sigma, an international business honor society that recognizes top business students and scholars worldwide.

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