

HAPPINESS SCHOLAR, TRAINER, & TEDX SPEAKER

DR. KORTNI ALSTON

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Dr. Kortni Alston is a Happiness Scholar, TEDx speaker, and Transformational Trainer. Her area of research is interdisciplinary, combining 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. She is the Department Chair and Associate Professor of Journalism and Communication for the Department of Communication, Art, and Design at Gardner-Webb University.

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.

With nearly 20 years of journalism industry experience, Dr. Alston has worked as a News Director in Baltimore for WEAA-FM, an NPR affiliate station. Additionally, she has served as a Television Reporter in Houston, Philadelphia, and Youngstown, Ohio.

She has a Ph.D. from the University of Florida, College of Journalism and Communication, and an MBA from Morgan State University. Her bachelor's degree is in Mass Communication, focusing on Television Production from Delaware State University.