



Bio for Dr. Paul White

Dr. Paul White is a psychologist, author, speaker, and consultant who makes work relationships work. For the past 20 years, he's improved numerous businesses, government agencies and non-profit organizations by helping them:

- Reduce the level of cynicism and negative communication within the workplace.
- Eliminate supervisors' frustration from not knowing how to effectively encourage their staff.
- Learn how to communicate *authentic* appreciation (versus "go through the motions" recognition).
- Understand and successfully manage the stress level experienced in today's demanding environment.

Dr. White is the coauthor of the book, ***The 5 Languages of Appreciation in the Workplace***, written with Dr. Gary Chapman (author of the #1 NY Times bestseller, ***The 5 Love Languages***). Based on their extensive research and expertise, Dr. White and Dr. Chapman have developed a unique way for organizations to motivate employees that leads to increased job satisfaction, higher employee performance and enhanced levels of trust. Their *Motivating by Appreciation Inventory* and *Appreciation at Work* training resources have been used by numerous corporations, colleges and universities, medical facilities, schools, non-profit organizations, and government agencies.

As a speaker and trainer, Dr. White has taught around the world, including North America, Europe, South America, Asia, and the Caribbean. His expertise has been requested by Microsoft, Miller Coors, NASA, the Million Dollar Round Table, the Salvation Army, Princeton University, Dartmouth College, Napa Valley Community Foundation, Rockefeller Philanthropy Advisors, and numerous other national organizations.

Dr. White, Dr. Chapman, along with coauthor, Harold Myra, will be releasing two books in 2014: ***Rising Above a Toxic Workplace -- Free Yourself from Brutal Bosses, Cynical Colleagues and Sick Structures***, and a fable based on the 5 languages of appreciation entitled ***Sync or Swim – An inspiring fable about courage, caring, and coming together as a team.***

Dr. White graduated Magna Cum Laude from Wheaton College, earned his Masters of Counseling from Arizona State University, and received his Ph.D. in Counseling Psychology from Georgia State University. He has been married for over 30 years and is the father of four adult children. He relaxes by fishing, enjoying nature, and watching college basketball.