



Ryan M. Niemiec

VIA Institute on Character

University of Pennsylvania

International Positive Psychology Association

Dr. Ryan M. Niemiec is a leading figure in the education, research, and practice of character strengths that are found in all human beings. Ryan is author of several books including [Character Strengths Interventions](#); [Mindfulness and Character Strengths](#); [Movies and Mental Illness](#); and [Positive Psychology at the Movies](#).

Ryan is education director of the VIA Institute on Character, a global, non-profit organization in Cincinnati, Ohio, that leads the way in advancing the science and practice of character strengths. Ryan is an award-winning psychologist, annual instructor at the University of Pennsylvania, and Fellow of the International Positive Psychology Association.

As a frequent keynoter and workshop leader, he's offered several-hundred presentations on positive psychology topics across the globe. He's creator of Mindfulness-Based Strengths Practice (MBSP), the first mindfulness program to target what's best in human beings and the first program to systematically build character strengths. He's penned hundreds of articles for the general public on character strengths and more than 60 scholarly articles/chapters.

On a personal note, Ryan lives with his wife and three kids (all 6 and under) in the Cincinnati area. He's an avid collector of Pez dispensers, a passionate fan of The Walking Dead, and a zealot for Michigan State athletics. His highest strengths are hope, love, curiosity, honesty, fairness, and appreciation of beauty.