

# Biography



Dr. Bill Howatt, a behavioural scientist, is known as one of Canada's top experts in mental health issues in the workplace. As a highly-respected columnist for the *Globe and Mail*, author, clinician, consultant and speaker, he effortlessly engages and inspires both individuals and groups. With his confident, yet casual style, he openly shares his vast experience and knowledge with his audiences.

Dr. Howatt is a master at translating cutting-edge academic research into practical, tactical strategies that employees and managers can integrate into their daily professional and personal lives. His passion is helping people to ensure their workplaces are healthier, happier and more productive.

As Chief of Research and Development, Workforce Productivity at Morneau Shepell, as well the creator of the Total Health Index (THI), Dr. Howatt offers more than 30 years of experience in the field of mental health, addiction and HR consulting.

As a highly sought-after international speaker, Dr. Howatt openly shares his personal story and experiences of living with mental health issues since childhood. He engages and enlightens audiences as he works passionately to reduce the stigma surrounding mental health in the workplace.

His career has taken him across Canada and the United States including 12 years working on Wall Street in New York City supporting large financial firms. He has been a frequent and popular speaker at Conference Board of Canada events from coast to coast.

Dr. Howatt has published numerous books and articles, including: *The Coping Crisis*, *Pathways to Coping*, the *Wiley Series on Addictions*, *Human Services Counselor's Toolbox* and *The Addiction Counselor's Desk Reference*.

Dr. Howatt enjoys spending time with his family, golfing, boating and engaging in philosophy debates with his Valley Bulldogs at his home in Nova Scotia, Canada.