



## Bio

**Lori Stevic-Rust, Ph.D. ABPP** is a clinical health psychologist, media consultant, author, and award-winning keynote speaker for women's empowerment and diversity with topics related to the health benefits of courage and gratitude, healthy aging, and creating a life and business from your purpose. Her infectious enthusiasm, the wealth of knowledge, engaging style, and warm sense of humor have afforded her the title of "best motivational speaker" by many organizations.

Her strong advocacy for women and seniors, earned her the outstanding leadership award in the field of Adult Abuse, Awareness & Prevention by the Western Reserve Area on Aging. She was honored as a Woman of Achievement from the YWCA and inducted into the KSU Hall of Fame as a distinguished Alumni.

Dr. Stevic-Rust has written six books on topics ranging from depression, heart disease, and wellness, a personal memoir on the art of aging with gratitude, *Greedy for Life and her* women's empowerment book entitled, *Put on Your Big Girl Shoes: Stepping into Courage, Resilience, and Gratitude*. Her most recent book, *Lily's Red Shoes of Courage*, is a children's book teaching children about inclusion, bias, and the importance of being an Upstander, not a bystander when bullying occurs. Her on-site children's events offer interactive and engaging activities to teach and explore ways to overcome bullying by being an Upstander. She even sells courage shoes for women and little girls.

She is an international dementia care consultant working with hospitals, post-acute care facilities, and assisted living facilities on clinical issues of senior care. These include anxiety/depression, caregiver stress, and the creation of innovative programs for the care of those with dementia.

In memory of her soul mate, her beautiful 105-year-old Nana, Dr. Lori started a non-profit organization, Nana's Tribe Foundation. The organization's mission is to *bring seniors and youth together to eliminate isolation and bias through generational connections that foster learning and inspires purpose*.

She is married to her other soul mate, Jay Rust, and together, they have two beautiful adult daughters, Sarah and Katie.

She is an unashamed dark chocolate addict, high-heel wearer, lover of power tools, and an eternal optimist, as evident in her ongoing dedication to her Cleveland sports teams.