

christineCARTER

[Christine Carter, PhD](#) is a best-selling author, speaker, and coach dedicated to redesigning the way we work so that we can lead our most joyful, productive, and fulfilling lives. She writes a column for *Fast Company* and is a frequent contributor to *Greater Good* where she uses research to tackle questions about purpose and performance.

As a sociologist, she's sought to inspire large-scale, systemic change in our most common and influential social structures: corporations, families, and schools. She is particularly interested in how organizations foster certain behaviors, beliefs, and emotions while inhibiting others.

For many years, Dr. Christine Carter was the executive director of UC Berkeley's Greater Good Science Center, where she remains a sociologist and Senior Fellow. Her books include *The New Adolescence*, *The Sweet Spot: How to Achieve More by Doing Less*, *Raising Happiness*, and *The Other Side of Silence*.

Dr. Carter has given three TED Talks, the most recent of which was in the top 5 most viewed in 2021. Dr. Carter has appeared on the "Oprah Winfrey Show," the "Dr. Oz Show," the "TODAY" show, "The Daily Show with Jon Stewart," "CBS Sunday Morning," PBS, NPR and BBC Radio. She's also been quoted or featured in *The New York Times*, *USA Today*, the *Chicago Tribune*, the *San Francisco Chronicle*, *The Washington Post*, the *Boston Globe*, *The Wall Street Journal*, and more.

A summa cum laude graduate of Dartmouth College and the recipient of multiple honors and awards, Dr. Carter earned her master's and doctoral degrees in sociology at UC Berkeley (Go Bears!).

