

Dr. Will Miller

Comedian and Authority on Stress Reduction and Life Balance

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Topics

- Corporate Culture & Governance
- Human Resources / Workforce Issues
- Mental Health / Psychology
- Moderator / Facilitator
- Teamwork / Teambuilding
- Work-life Balance

About Dr. Will Miller

Dr. Will Miller's unique background as an outstanding speaker, television personality, psychotherapist, university professor, former headline standup comedian and best-selling author of *Refrigerator Rights*, along with his five graduate degrees, make him a recognized authority on modern life and culture. His presentation, whether a keynote to a large audience or as a workshop leader, combines all of these experiences. He has delivered thousands of speeches to the nation's largest corporations and organizations about living a well-adjusted life in a time of enormous pressure and stress. His message is unique in its approach that coping and change happen by investing in our social support relationships and altering our external circumstance as much, if not more than our internal condition.

A popular presenter in the corporate world, Dr. Will Miller frequently speaks for America's leading companies including Microsoft, Eli Lilly, IBM, AT&T, Citi Group, Prudential, and Merrill Lynch. He is an adjunct graduate professor of Communication Ethics as well as Social Media at Purdue University and a regular contributor as the official psychotherapist for the nationally syndicated Bob & Tom radio show. He actively serves law enforcement as Police Chaplain and stress consultant. Dr. Will also podcasts weekly on the subjects of wellbeing and social connectivity.

Dr. Will's latest book *Miserable@Work: Stop Blaming the Job & Fix What's Really Broken* is a fresh take on workplace culture and worker satisfaction. Based on his years as a consultant for police officers, teachers and corporate professionals he presents a holistic approach to life balance by understanding and redefining our central life interest. His 17-year background in stand-up comedy and as a television and radio personality, assures his gifted ability to entertain.

Whether on stage or via live webinar, if you are looking for someone who will energetically and humorously guide your organization through change, Dr. Will Miller is the speaker who will give your audience something to truly take away.

Select Keynotes

- **Mental Health Anxiety: A Hope Filled Approach**

Dr. Will Miller's new presentation aims at bringing insight and prescriptive strategies to live and work well. Using current research (*and of course my professional standup comedy skills*) it's a compelling and optimistic take away for the audience.

Dr. Miller draws from my work as a therapist, professor of ethics and social media in Purdue University's graduate program, health consultant with law enforcement and first responders, and as a certified clinical trauma specialist.

In addition Dr. Miller holds five graduate degrees in health related fields. His desire to share this expertise and these insights with a broad audience of professionals and citizens about living well and coping.

- **Community Wellbeing: Stress Solutions for Your First Responders**

Healthcare workers and first responders are a backbone in every community. Theirs is a high stress job, lives are literally at stake. In most cases, these professionals assert that theirs is more than just a career, but a calling and a mission. How do we thank them, support them, and empower them? Healthcare corporations and organizations fully understand the vital role being played by their caregivers: the nurses, physicians, technicians, and first responders. If you are thinking about a great way to honor, thank, and encourage them, Dr. Will Miller has an answer. A nationally recognized expert on coping with stress and living a high quality of life, Dr. Miller has 25 years' experience as a psychotherapist, teacher, author, and stress consultant for law enforcement agencies. His presentation is rich in content based on the latest



social science research, and has practical application of course. But it is also funny! Give yourself and your team of caregivers a gift: bring in Dr. Will Miller for a delightful keynote presentation for your team.

- **Miserable@Work! A Unique Take on the Workplace Culture!**

Dr. Will's newly released book offers fresh insights into the challenges of workplace culture. The key to a flourishing workplace is when the people have emotional equilibrium in their lives. It means having a fulfilling personal life as well as being engaged in their work. Today, worker dissatisfaction is at an all time high, with the majority saying they're frustrated, even being miserable at their jobs. But the odd fact is that most say they still like what they do - the actual tasks of their job and career. The sales pros still love the pitch and the close. Lawyers still love the law; plumbers love the pipes; teacher still love the kids and their classroom; and police still love the cop stuff. So what's the problem with worker morale? It's extreme frustration with what is commonly referred to as "the other stuff" they must endure. No matter what the industry, career or job, blue collar or white collar, there is a disconnect that is causing debilitating stress for employees. Trying to fix the workplace alone is important but definitely not the complete answer. It's involves a recalibration of our central life interest. After years of counseling and consulting high stress professionals, Will understands the larger picture for the 24/7 lives of your staff. Dr. Will's presentation is a persuasive message to workers and leaders about how to recover the love of our labor!

- **The Shifting Standards of Ethics**

Is there a universal sense of right and wrong built into every human being? This was certainly the view made popular through Western philosophy and practice. But in today's global society, and with the shifting technological environment, ethical questions continue to confront us. Is our personal and corporate ethical sense based on what is best for the most people, victims aside? How do we ask leaders to make hard choices in international settings when confronted with such a broad understanding of what is ethical. Dr. Will Miller, graduate professor of Communication Ethics and Strategic Communication at Purdue University, understands how we guide professionals through the tricky waters of shifting norms. His scholarly background as a psychologist, theologian, and educator, combined with his 20 years as a professional standup comedian, make this a highly engaging, and content-rich presentation.

- **Dr. Will Miller: The Comedy Mental Health Tour**

The numbers are sobering, the impact on families and communities devastating! America's mental health crises are affecting everyone. Hardly anyone is left untouched by the impact of drug addiction and overdoses. Suicide is virtually epidemic among teenagers, veterans and the elderly. Anxiety about violence from crime and terrorism has everyone jittery. And depression is present in virtually every family. Where are the voices that offer some solace and calm?

Dr. Will teaches the vocabulary to speak about these important issues.

Thus, enabling conversations, so we can talk to each other.

His clear cut directions (social-psycho-bio) offer a path to turn this cultural ship around.

Some of the many are:

- Form local support groups—in the spirit of Al-Anon, where we can support each other as we learn what works when someone we care for is depressed, over-stressed or exhibiting suicidal tendencies. ("When spirits combine together in Love, we can do anything.")
- Learn how we can take action—make a concerted effort to identify and share the available mental health services.

- **Refrigerator Rights for Corporate America**

Issues that endlessly confront business organizations most often focus on maintaining a healthy and productive workforce that understands the life and stresses of customers and clients. The key to an improved quality of daily life, he tells audiences, are rooted in our social support network. We need real and claimed family—those relationships where people feel comfortable opening each others' refrigerators. And its impact is felt at work and at home. Inspiring, instructive and based on the best social science research, the wisdom gained from this presentation - tailored to the changing realities of business - gives the audience new insights into what fundamentally motivates them and their clients.

Select Book Titles

- **2017:** Miserable@Work! Stop Blaming the Job and Fix What's Really Broken
- **2015:** Refrigerator Rights: Creating Connections and Restoring Relationships Revised
- **2014:** Dr. Will's Guide To How To Be (Like) A Therapist: (Even If You Are Not A Therapist)
- **2014:** Graduation Jolt: How to Survive and Thrive after College Graduation (co-authored with Dr. Glenn Sparks) (2014).
- **1996:** Why We Watch: Killing the Gilligan Within

Select Testimonials

"As you gathered by the audience response, you were 'wildly successful.' I'm also glad that we listened to your suggestion, so that your presentation had the greatest impact on the crowd."

– *Bruce Komiske, Women & Infants Rhode Island Hospital*

Even though I thanked you in person after the event, I wanted to thank you on behalf of our entire organization. We are all grateful for the tremendous job you did for us.

– *Doug Taylor, Habitat for Humanity*

"I have had nothing but positive feedback for your performance at our recent Annual Meeting. This is the first time in years where the audience didn't jump up to leave, but rather had to be told that the party is over. It was a great pleasure!"

– *Helen McDonald, Rhode Island Bar Association*

"It was a pleasure working with you at IBM's Golden Circle recognition event. You were consistently rated by attendees as the best out of all presentations. In addition, your willingness to tailor your material to our audience was greatly appreciated. Finally, your sensitivity to IBM's corporate culture made my job easier, I never had to worry that you would offend anyone in the audience. I couldn't have asked for anything more."

– *Karen Shamban, IBM*

"Your presentation in San Antonio during our national sales meeting was fantastic. I received nothing but positive reviews about you from my group. "Awesome," "humorous," excellent" and "knowledgeable" were just a few of the comments. As the keynote speaker closing out our first day, you provided exactly what we were looking for – an energetic and humorous yet meaningful and applicable presentation. It's hard to keep 250 people engaged at the end of the day but you managed to do so. Thank you"

– *Lincoln Financial Group*

"Thanks for a wonderful, witty, and touching presentation that absolutely delighted everyone at our national United Way Leadership Conference in Nashville. If your appearance was our great experiment, you were the Eureka! I heard so many great comments, it's clear you were a big hit. You were a pleasure to work with too."

– *Martina Martin, United Way of America*

"It was a treat to have you speak at our conference on Monday. Your presentation was terrific! You will be the topic of conversation at Horizon for quite some time. We've had several requests to have you back."

– *Mary McColl, Horizon Corp*

"Will's teaching about the impact of popular culture on stress offers a unique and incisive analysis of the challenge of the modern lifestyle. And since these powerful ideas are wrapped in standup comedy, the reaction is always positive.

– *Merrill Lynch*

"Will Miller was a hit at the luncheon, could not have been better. Everyone thoroughly enjoyed his take on the culture and his style really hit home with our membership."

– *Michael Hayes, National Auto Auction Association*

"Wow! You were an incredible success at our All Utility Meeting. In fact, as anticipated, you were the main event. I have attached our feedback from the meeting. You will note that you received the highest rating, and people continue to comment on your presentation. It was a privilege and a joy to meet you. I hope our paths cross again."

– *Nancy Halverson, Systems West*

"You did an outstanding job as our keynote speaker for our Annual Claims Conference. I laughed so hard, I had tears in my eyes. You entertained us and made us reflect on the important things in life, the people who have and need 'Refrigerator Rights.' This was truly an event to remember."

– *Revida Glover, Tennessee Farmers Insurance Companies*

"Words barely seem sufficient to express my thanks for the outstanding comedy/ motivational presentation you delivered at our sales rally. This was a group in need of some good laughs and some wise counsel on how to balance the pressures of the office with the responsibilities and joys of life. Your performance helped us take a giant step forward in putting this company on the road to peak performance. For that we are eternally grateful!"

– *Tom Osha, Cincinnati Bell Telephone*

"As you promised, Dr. Will Miller was an overwhelming success at Alliant's October Leadership Retreat! Will did a superb job. His extensive educational background and ability to assimilate complex information into his act were the foundations to his success with our group."

– *William Jennings, Alliant Health System*