



## **Michael Dickerson**

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Michael Dickerson is the CEO and founder of Dickerson Consulting Group (DCG), a human resources consulting firm specializing in stress management, workplace mental health and employee well-being. In 2020, after serving as a mental health professional for over 13 years, Michael began leveraging this experience and the expertise he gleaned from earning his Applied Positive Psychology Certificate to offer trainings, workshops and keynote presentations. Since then, he's partnered with many organizations of all sizes and sectors, including Paycom, Arvest Bank, YMCA, Ben E. Keith, Oklahoma State University and the Metropolitan Library System. In 2024, he took the national stage as a speaker for the SHRM Annual Conference and Expo in Chicago. In addition, he serves on the State of Stress and Mental Health in the Workplace Advisory Board for HR.com and recently authored a book entitled *Struggle Well at Work: Positive Mental Health Strategies for a Flourishing Workforce*. His ultimate mission? To help leaders create a culture of well-being so that all employees can uncover their strengths, find meaning and flourish at work.