

Anjali Rameshbabu, PhD

Pronounced un-juh-lee

Health and worker wellbeing psychologist · Founder, Health2Wellbeing

Science-backed talks on connection, health, and work

ABOUT ANJALI

Anjali Rameshbabu, PhD, is a health and worker wellbeing psychologist and founder of Health2Wellbeing. A Fulbright U.S. Scholar with deep expertise in social connection, behavior change, and healthy work, she leads cross-sector efforts spanning public health, government, research, and the workplace. She has provided expert input to the world's first public health guidelines for social connection and informed recommendations for promoting social connection at work. Anjali speaks to audiences ranging from executive leaders to academics and practitioners, and she helps organizations turn science into real-world change by building cultures of connection and care.

SIGNATURE TOPICS

- 01 The science of loneliness and social connection, and why it matters for health
- 02 Building cultures of connection and care in organizations and communities
- 03 Work as a social determinant of health: what leaders, managers, and employees can each do
- 04 Healthy work design as prevention

Every session is tailored to your event and audience. Other topics on request.

FORMATS

Keynote (30 to 60 minutes) · Interactive workshop (60 to 120 minutes) · Panel or fireside chat · In person or virtual

SPEAKING

Talks to audiences across sectors: executive leaders, academics, practitioners, health systems, public agencies, employers, and professional associations.

Examples include:

- Art & Science of Health Promotion Conference
- IFEBP International Benefits Day
- Campaign to End Loneliness International Conference
- Healthy Worksite Summit (Association of Washington Cities)
- Scientific conferences in psychology, public health, organizational behavior, and other cross-disciplinary convenings

“Dr. Rameshbabu did a fantastic job of connecting this topic to the individual through the opening activities and continually emphasized SDoH as an ‘everyone’ issue. She empowered us to consider everyone as part of the solution.”

Participant, Wellness Alliance course (formerly Wellness Council of America, WELCOA)

Book Anjali for your event

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health2wellbeing.com

[LinkedIn](#)