



Katina Bajaj, M.A.

**Co-Founder and Chief Science Officer
Daydreamers
San Francisco, California**

Katina Bajaj is a creative health scientist, published author, and the co-founder and chief science officer of Daydreamers—the first venture-backed platform helping people strengthen their creativity for health, performance and flourishing. Named an Aspen Institute Health Fellow in 2025, Katina holds a master’s degree in clinical psychology from Columbia University’s Mind-Body Institute, where she studied the emerging neuroscience and psychology of creativity’s impact on well-being. She coined the term “Creative Health” to describe the fundamental, but often overlooked, human need for creative expression, thinking, and appreciation as an individual pillar of health. Katina’s work has been featured in TIME, Fast Company, and Health, and her science-backed approach has reached over 30 million people around the globe. She has partnered with organizations including Netflix and Chanel’s Innovation Team, and she serves on the Organizing Committee of the Society for the Neuroscience of Creativity. As a published author and keynote speaker, Katina is redefining well-being not as the absence of illness, but as the presence of aliveness. Her mission is simple, but essential: to help people reclaim their creativity as a biological, human tool for strength, joy, and resilience.