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Dr. Allen is President of the Human Resources Institute, LLC, a research, publishing and consulting firm that focuses on the creation of supportive cultural environments. He has assisted several hundred government, business and community settings to bring about lasting and positive culture change. Dr. Allen has authored more than 50 books, journal articles, training manuals and software titles. His most recent books are *103 Challenges for Manager-Led Wellness*, *Leading for Purpose*, *Culture Change Planner*, *The Social Climate Toolkit*, *The Cultural Analysis Toolkit*, *A Family Guide to Wellness*, *Kitchen Table Talks for Wellness*, *Bringing Wellness Home*, *Wellness Leadership and Healthy Habits*, *Helpful Friends*. In 2020, he co-founded *HealthyCultureNow*, a training and podcast company with a mission to add a culture-of-well-being tool kit to organizations' wellness programs. He also directs the *Healthy Culture Research and Education Foundation*. Dr. Allen serves on the editorial board of the *American Journal of Health Promotion*. He has served on the board of directors of the *National Wellness Institute*, as a senior research analyst at *Memorial Sloan-Kettering Cancer Center* and on the *Vermont Governor's Council for Physical Fitness and Sports*. Dr. Allen earned his Ph.D. in *Community Psychology* from *New York University*.