



# DR. BILL HOWATT

CEO & FOUNDER OF HOWATT HR

Dr. Bill Howatt, founder and CEO of Howatt HR, refers to himself as a behavioural scientist with a keen curiosity for how employees and employers can work together to reduce mental harm and promote mental health in the workplace. He is known internationally and is one of Canada's top experts in workplace psychological health and safety. Dr. Bill is on the CSA OHS Standards Steering Committee and Chair of the CSA Standard Z1008: Management of Substance Related Impairment in the Workplace. He is the co-creator of the Psychologically Safe Workplace Awards.

Dr. Bill regularly contributes to workplace mental health research such as *Canada Pandemic Pulse Check: COVID-19's Impact on Canadians' Mental Health* with the Mental Health Commission of Canada; *Moving to Action: Implementing the Workplace Safety & Prevention Services' Mental Harm Prevention Roadmap*; and Canada Standards Association *Investigating employers' practices in response to COVID-19 for safeguarding employees' psychological health and safety in the workplace*. He has 30 years' clinical experience in mental health and addictive disorders.

Dr. Bill is the former Chief of Research, Workforce Productivity, at The Conference Board of Canada, and the former Chief of Research and Development, Workforce Productivity, at Lifeworks. Dr. Bill has created the senate-approved *Certificate in Psychologically Safe Leadership* and *Certificate in Management Essentials, Pathway to Coping and Mental Fitness* through the University of New Brunswick. He is the co-creator of the Psychological Health and Safety Facilitator Certificate.

Dr. Bill is a regular contributor and co-authors a blog with the CEO of the Mental Health Commission of Canada for WSPS Ontario CEO Health and Safety Leadership Network. Dr. Bill has published over 50 books, such as *The Globe and Mail* bestseller, *The Cure for Loneliness*, and *Stop Hiding and Start Living*. He is a regular contributor to Talent Canada, OHS Magazine, and *The Chronicle Herald* and has published over 350 articles with *The Globe and Mail*.

## **Education:**

BSc, BA., MEd, MSc, PhD, EdD, Post Doctorate Behavioral Science, University of California, Los Angeles, Semel Institute for Neuroscience and Human Behavior

