



Ryan Picarella, CWP

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Ryan Picarella serves as Executive Director of the Wellness Alliance, an affiliate of the International Foundation of Employee Benefit Plans, where he leads strategy, education, and global events advancing the field of workplace well-being.

As a globally recognized leader in well-being, organizational transformation, and social impact, Ryan also serves on the leadership team supporting the Work Futures Initiative, a collaboration with the University of California, Berkeley and the Interdisciplinary Center for Healthy Workplaces.

In addition to his leadership roles, Ryan serves as a senior fellow with WE in the World, where he focuses on advancing well-being, equity, and human flourishing globally. He is also the founder of Conscious Disruption, a transformation-focused initiative dedicated to helping individuals and organizations rethink systems, challenge outdated paradigms, and create healthier, more conscious futures.

Ryan holds a Master of Science degree in industrial and organizational psychology from the University of Tennessee at Chattanooga and a Bachelor of Science degree in psychology from Northern Arizona University.