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Chase Sterling is a leading expert in workplace wellbeing with over two decades of experience advising organizations on evidence-based strategies that strengthen culture, organizational health, and individual wellbeing. She is the Founder and Executive Director of Wellbeing Think Tank, a nonprofit known for amplifying experts over influencers and providing accessible education and resources that help employers create cultures where people can thrive.

An international speaker, Chase is known for blending storytelling, science, and humor to inspire meaningful change. She has presented for SHRM, IFEBP, DisruptHR, NASA, Harvard, and more. Her professional background includes roles with Cigna, Google, and Wounded Warrior Project.

Chase has been published in the American Journal of Health Promotion, contributes to the Harvard Flourishing at Work program, and serves on the Business & Industry Sector Team for the U.S. National Physical Activity Plan. She often reminds audiences: “When it comes to wellbeing at work, all you need to do is... everything.”

A U.S. Army veteran, Chase holds a master’s degree in Industrial-Organizational Psychology with a focus in Occupational Health, a BS in Exercise Science, and multiple industry credentials.