



Reggie D. Ford

AUTHOR. ADVISOR. ADVOCATE. ACTIVIST.



AS FEATURED IN

Forbes  BestColleges

 USA TODAY NETWORK

 ESPN

NASHVILLE
BUSINESS JOURNAL

SHORT BIO

Reggie D. Ford is a sought-after motivational speaker and bestselling author of *Perseverance Through Severe Dysfunction*. By sharing his captivating journey of turning pain into peace through the process of perseverance, Reggie motivates positive change in all those he encounters. He tailors a unique approach for each audience, complemented by exceptional wisdom and contagious enthusiasm, ensuring a lasting impression.

Through his work, Reggie helps organizations embrace vulnerability and persevere through pain points impeding their success.

A first-generation college graduate and former D1 football player at Vanderbilt University, Reggie brings a diverse perspective to his roles as entrepreneur, philanthropist, mental health advocate, and social activist.

In addition to speaking, Reggie is a certified yoga instructor and runs RoseCrete Wealth Management. He lives in Nashville, TN with his wife Katie, and their Rottweiler, Rosie.

LONG BIO

As a sought-after motivational speaker and bestselling author of *Perseverance Through Severe Dysfunction*, Reggie D. Ford utilizes dynamic storytelling to inspire audiences to embrace vulnerability and strive for a more fulfilling life of peace and abundance. With a comprehensive understanding of trauma, he emphasizes the significance of mental health and resilience every time he is on stage.

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Reggie holds his bachelor's degree in economics from Vanderbilt University and his master's degree in accountancy from the Owen Graduate School of Management. As the founder of RoseCrete Wealth Management, Reggie has been recognized as one of Nashville's Black 40 Under 40, Nashville Business Journal's 40 Under 40, as well as Nashville's Top 30 Under 30. He was featured in the Top 100 People in Finance magazine and also nominated for Forbes 30 Under 30. His insights have been featured in prestigious media outlets, including Forbes, ESPN, and USA Today.

In addition to speaking, Reggie is also a certified yoga instructor and leads awe-inspiring classes for people of all backgrounds. He currently serves on the board of several nonprofit organizations with a focus on healthcare, wellness, and childhood empowerment. He enjoys traveling, cooking, reading, practicing yoga, and spending time with loved ones. Reggie lives in Nashville with his wife Katie and their dog, Rosie.



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FROM WEALTH ADVISOR TO WELLNESS ADVOCATE

My journey to where I am today was not accidental. Through hard work and determination, I achieved great success in the traditional sense. However, during this time, I also experienced some of the worst mental health struggles of my life. Despite the appearance of a successful life, I was plagued by anxiety, depression, and grief. I had become skilled at disguising my pain with strength and confidence.

During the darkest period of my life, I had a panic attack that left me unable to think clearly. In that moment, I had an out-of-body experience where I saw myself lying on the floor in a defeated state. This led me to ask the question that changed my life: "How in the world did I end up here?"

Asking this question led me to the answers I needed to live a more fulfilling life. I realized that I had suppressed negative feelings as a result of experiencing developmental trauma. Understanding this was liberating. The more I learned about the importance of mental health and wellness, the more compelled I felt to educate and spread awareness.

I believe that wellness is for everyone, not just those who have experienced trauma. A world with supportive communities is healthier than one that stigmatizes mental health. If sharing my story and serving as an advocate helps save one life, I would feel that my efforts were worth it.



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