



Reggie D. Ford

AUTHOR. ADVISOR. ADVOCATE. ACTIVIST.



AS FEATURED IN

Forbes **BestColleges**

**USA TODAY
NETWORK**

ESPN

**NASHVILLE
BUSINESS JOURNAL**

In a remarkable journey defined by resilience and transformation, Reggie D. Ford stands as an award-winning entrepreneur, best-selling author, dynamic keynote speaker, and mental health advocate. As the author of *Perseverance Through Severe Dysfunction (PTSD)*, Reggie leverages his expertise in developmental and intergenerational trauma to foster environments supporting resilience, mental wellness, emotional development, and healthy relationships.

With a decade of experience in finance and accounting, he founded RoseCrete Wealth Management, driven by his passion for helping others achieve financial freedom. Recognized for his contributions, Reggie has been honored as one of Nashville Business Journal's 40 Under 40, Nashville's Top 30 Under 30, was featured in the Top 100 People in Finance magazine and nominated for Forbes 30 Under 30. His insights have been featured in prestigious media outlets, including Forbes, Best Colleges, ESPN, and USA Today.

As a Resilience and Wellness Architect, Reggie employs evidence-based methods to manage mental health issues, promote wellbeing, and foster resilience. He provides psychoeducation, mindfulness, and embodiment techniques to address these issues effectively.

Reggie holds his bachelor's and master's degrees from Vanderbilt University where he was a D1 student-athlete on the football team. In addition to speaking, he is also a trauma-informed certified yoga instructor, mental health first aider, and is ACEs (Adverse Childhood Experiences) Aware certified. Reggie currently lives in Nashville, TN with his wife Katie and their Rottweiler, Rosie.