

Terri Kennedy, Ph.D., MBA, RYT, CHHC

Profile

Dr. Terri Kennedy is President of Power Living Enterprises, Inc., a lifestyle media and consulting company which produces content, educational programs, and experiences around Lifestyles of Health and Sustainability. With a dual BA in Sociology & Design from Wellesley College, an MBA from Harvard, a Ph.D. in World Religions, and multiple certifications in Holistic Health and Yoga, Dr. Kennedy offers a unique multidisciplinary approach to crafting an authentic, healthy, and purposeful life. She speaks across the country on leadership, health literacy, personal empowerment and youth development, and offers community and faith-based wellness programs. She is a national spokesperson for the American Heart Association and sits on their New York State Advocacy Committee. She is on the faculty of the Institute of Integrative, and has served as Chair of the Board of Yoga Alliance. She is a former Vice President at MTV Networks, and started her career as the youngest staff member at Harvard Business School writing cases studies on *Fortune 500* companies. She has been featured in media around the world from CNN and NBC, to *Prevention* and Oprah's book *Live Your Best Life!* In 2009, she was named a CUP Fellow, and was selected to become a Member of the Forum of Young Global Leaders by the World Economic Forum.