

Ryan S. Gallik Biography



Ryan Gallik is an award-winning international speaker, trainer & strategic partner who works with organizations to build high-performing occupational safety, health and wellness programs. His inspiring presentations and workshops have helped hundreds of leaders create safer and more productive environments for their employees. He is also the author of *Silent Mayday*, *The Clinician's Guide to Working with First Responders*, which he published in 2019.

He is the founder of Ryan Gallik and Associates, an occupational safety, health and wellness firm, and the co-founder of The Mental Hygiene Project ®. Ryan conceived the idea for The Mental Hygiene Project during his long career as a first responder, where he experienced first-hand the toll that mental health injuries take on people, organizations and communities. He is committed to helping companies prevent mental health injuries through proactive mental hygiene programs.

Ryan has deep experience with developing peer support and Critical Incident Stress Management (CISM) programs and has worked with many clinical professionals such as psychiatrists, psychologists, licensed mental health counselors, and others to create initiatives and partnerships with industries, and refer individuals to clinicians that have the area of expertise that one needs to find post traumatic growth.

He understands what it takes to create effective safety programs; he has 20 years of hands-on experience as a firefighter, EMT, paramedic, and Fire Science educator. He's also spent years studying the best theories and best practices in mental hygiene programs. Ryan works with managers in large and small companies in a variety of industries to create mental health initiatives that mitigate risk due to mental health injuries. The result is more committed and focused employees, a more resilient workforce, and lower on the job risks.

Ryan's vision is to create a world where people experiencing mental health injuries like anxiety, depression, burnout, compassion fatigue and post-traumatic stress are treated with respect and dignity - and to influence people to go from the syndrome and into the strategy to being happy and healthy. Ryan's work with corporations helps leadership teams have awareness, prevent, and mitigate the many forms of mental health injuries that have profound effects at all levels of society.

Ryan is also an avid and experienced traveler, having visited 6 continents, more than 30 countries, and all 50 states, most of them twice. He has a passion for people, culture, culinary arts and exploring the world through local cuisine, and the arts.