



Crushing Stigma – Featured Panelist

**From the Experts – Mental Health and Wellness Session
6 PM, Auditorium**

Jamie Gairo, Ph.D.

Leadership Development Consultant
Board Vice President, NAMI Bucks County

Dr. Jamie Gairo is an experienced, consultant, educator, speaker, researcher, and advocate. Jamie runs a successful leadership consulting firm, is a professor and administrator at Rider University, and serves as the Board Vice President for NAMI Bucks County. In her work, Jamie focuses on mindset, language, and emotional intelligence as they influence one's ability to lead. One of Jamie's missions is to ensure that individuals are living a life of purpose, both personally and professionally.



Some of Jamie's key research indicates that living a life of authenticity and vulnerability allows one to excel and to create a safe space for others to grow and learn. As a mental health advocate, Jamie shares her lived experience of losing her mom to suicide and works to decrease the stigma surrounding mental health. Jamie combines her unique background of work experience, life experience, and education to be a support system to assist others in finding resources. Jamie works in the community to raise awareness, provide programming, and offer support to those in need.

SCAN TO CONTACT

