



**Marissa Alert, Ph.D.**

**CEO and Founder  
MDA Wellness  
Boston, Massachusetts**

Dr. Marissa Alert is a licensed clinical health psychologist, consultant, speaker, and founder of MDA Wellness. Her company is committed to transforming organizations through sustainable well-being solutions to unlock peak performance and fuel growth. Using her proprietary INTENT Framework, Dr. Alert delivers research-based strategies that transcend theory, focusing on actionable skills. Her high-energy training, workshops, and presentations equip employees and leaders with practical and sustainable strategies to manage stress, prevent burn-out, and improve their resilience and well-being. With over ten years of experience, she is skilled at making meaningful connections with audiences, who love her down-to-earth approach that keeps them laughing while learning. Dr. Alert has been invited to speak nationally and internationally on panels, on podcasts, and at conferences and companies. She holds a bachelor's degree in psychology from Dartmouth College and obtained her doctoral degree in clinical psychology from the University of Miami. Her predoctoral and postdoctoral training occurred at Brown University and Johns Hopkins University School of Medicine. She has also been featured in *Forbes*, *Newsweek*, *Mashable*, and *Authority Magazine*.