



graeme cowan

care | resilience | growth



Graeme Cowan

Graeme Cowan helps leaders and teams to be more caring and resilient - and enjoy growing together.

He was founding Board Director of [R U OK?](#) and host of [The Caring CEO podcast](#), where interviews CEO's who champion a culture of care AND high performance.

In his earlier career he worked in senior leadership positions with Johnson & Johnson, Pfizer, and the management consulting company, Kearney.

In 2000 he went through a 5 year episode of depression that his psychiatrist described as the worst he had ever treated. He emerged from this crisis with a different view about how we can increase our resilience, mood, and performance.

Graeme's dedication and commitment to creating mentally healthy workplaces has seen him named one of LinkedIn's Top Voices for 2022 in the Mental Health & Resilience space.

He is the author of 4 books, including the internationally acclaimed BACK FROM THE BRINK, which has a testimonial from the former UK Prime Minister Tony Blair, and which has become a best seller in China.

He is also the Co-Founder of [WeCARE365](#), which creates simple scalable eLearning to prevent mental health issues.