

Marc A. Brackett, Ph.D.

Marc Brackett, Ph.D., is the Founding Director of the [Yale Center for Emotional Intelligence](#), a professor in the [Child Study Center](#) at Yale University, and the author of the best-selling book, [Permission to Feel](#) (Celadon/Macmillan), which has been translated into 25 languages.

As an award-winning researcher for 25 years, Marc has raised over \$100 million in grant funding and published 175 scholarly articles to examine the science and practice of emotional intelligence, including its role in learning, decision-making, creativity, relationships, physical and mental health, and both academic and workplace performance.

Marc is the lead developer of [RULER](#), an evidence-based approach to social and emotional learning (SEL) that has been adopted by over 5,000 schools across in the United States and 27 other countries, improving the lives of millions of children and adults. RULER has been proven to boost academic performance, decrease school problems like bullying, enrich classroom climates, reduce teacher stress and burnout, and enhance teacher instructional practices.

Marc is featured regularly in popular media outlets such as the *New York Times*, *Washington Post*, *Good Morning America*, and *The Today Show*. He serves on the board of directors for CASEL, the nonprofit that founded the SEL field. He's on the program board for the Mental Health Coalition, founded by Kenneth Cole and the Rare Beauty Mental Health Council, founded by Selena Gomez. He is also a scientific advisor to the Royal Foundation of the Prince and Princess of Wales.

Marc has been the keynote speaker at over 700 conferences around the world, including the White House, U.S. Departments of Education and Defense, U.S. Surgeon General's office, The New York Times, Aspen Institute, and dozens of Fortune 500 companies. Marc regularly consults with large companies such as Google, Amazon, and Microsoft on best practices for integrating the principles of emotional intelligence into training and product design and is the co-founder of [Oji Life Lab](#), a corporate learning firm that develops innovative digital learning systems for emotional intelligence. In 2022, with Pinterest co-founder Ben Silbermann, Marc and his team co-created [HowWeFeel](#), a free Apple award-winning app to teach emotion skills and enhance well-being.

In February 2024, Marc launched the YouTube webcast, "[Dealing with Feelings](#)." He interviews prominent scientists, actors, authors, musicians, sports figures, and other notable personalities to discover their mindsets about emotions and the strategies they use to build healthy relationships, achieve professional success, and have a sense of well-being. On the webcast, Marc offers listeners practical skills and evidence-based strategies for regulating emotions in positive, intentional ways.

"I want everyone to become an emotion scientist," Marc says. "We need to be curious explorers of our own and others' emotions so they can enhance, rather than hinder our well-being and success in life."

Marc also holds a 5th degree black belt in Hapkido, a Korean martial art.



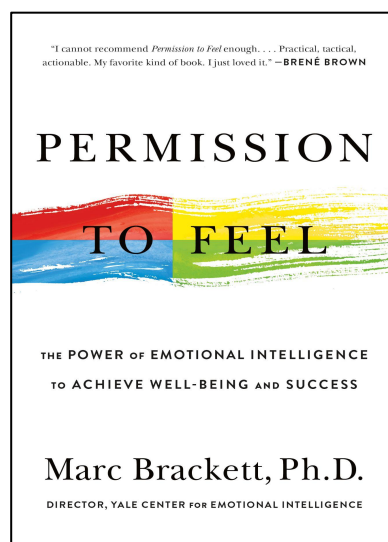
Dealing With Feelings

DEALING WITH FEELINGS, hosted by Dr. Marc Brackett is a groundbreaking new webcast on YouTube that invites viewers into the professional and emotional lives of prominent scientists, actors, authors, musicians, sports figures, and other notable personalities. Through his warm and thoughtful interview style, Marc will seek to discover their expertise and mindsets about emotions and the strategies they use to attain goals, build healthy relationships, and have a sense of well-being in life. Marc's conversations offer listeners practical skills and strategies for regulating emotions in positive, intentional ways, taken from the personal stories of Marc's guests and his own and others' cutting-edge research.



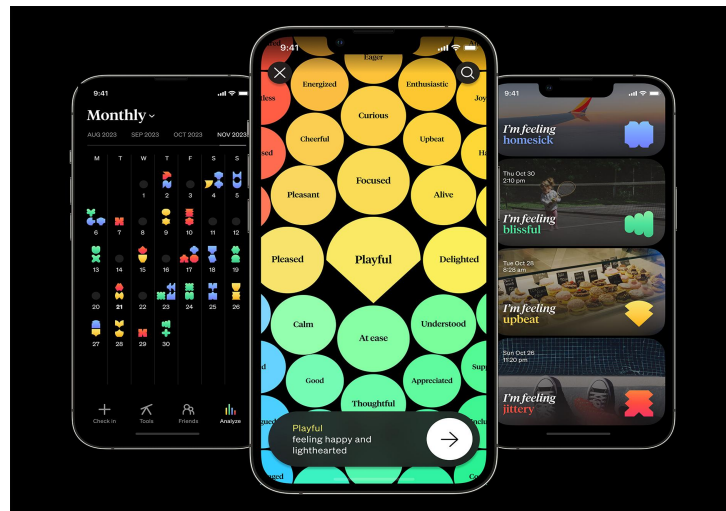
Permission to Feel

Permission to Feel (Celadon/Macmillan) inspires a new mindset around the power of emotions to transform our lives. Using science, passion, and lively storytelling, Dr. Brackett guides us to understand our own and others' emotions, as well as provides innovative strategies for developing emotional intelligence in adults and children so that emotions help, rather than hinder, our success and well-being. This best-selling book has been translated into 25 languages.



HowWeFeel App

How We Feel (howwefeel.org) is a free, Apple award-winning App on both iOS and Android that was designed to enhance your emotional well-being. It was co-created with Ben Silbermann, co-founder of Pinterest (and a team of scientists, designers, engineers, and psychologists from both Yale and Pinterest). As you dive into what the App offers you will learn precise words to describe how you feel, spot trends and patterns, and learn how to practice simple strategies to regulate your emotions in healthy ways.



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