

Benjamin Ritter, MBA, MPH

Advocating the importance of and transforming clients through a focus on personal alignment in the areas of life, intentions, values, and expectations, for greater health, wealth, and happiness.



Simplify Health Inc. - LIVE for Yourself Consulting

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Biography

Benjamin Ritter has worked in the fields of public health, interpersonal development, and healthcare for the past 8 years. The last 2 years he has worked as an executive at Presence Saints Mary and Elizabeth Medical Center (PSMEMC), and runs his own consultancy practice focused on personal development, dating and relationships. He holds a bachelor's degree in marketing from Loyola University Chicago, and a joint master's degree in entrepreneurial management and health policy administration from the University of Illinois at Chicago. He is currently pursuing an educational doctorate in the field of organizational leadership from Pepperdine University.

Benjamin Ritter is the author of the book *The Essentials – your one stop shop to life improvement and success with women*, curator of the Interfaith Relationships workshop, the Value Systems workshop, host of the LIVE for Yourself Podcast, and co-host of the Suave Lover podcast; featured multiple times as a top podcast in the area of Sexuality on iTunes. He was the host of a live dating and relationship advice show through Dose.com, and a consistent panelist for The Great Love Debate. He is a freelance writer in the topics of interpersonal development, dating, and relationships for AskMen, Huffington Post, TheGoodMenProject, ManTalks, Elite Daily, and has been featured as an expert in a variety of other sources.

Through his consultancy he has helped countless men and women with their personal development, dating, and relationship issues. He can be reached at contact@benjamin-ritter.com, and 872.529.5483



Media

Featured in: AskMen, Bustle, Brit + Co., Elite Daily, Examiner.com, DOSE Media, Ignite Chicago, Illinois Interfaith Conference, Interfaith Family Network, JCC Chicago, LadyLux, Livestrong, ABC, CBS, ManTalks, NBC, OMG Facts, The Good Men Project, The Great Love Debate, The Huffington Post

Sample Video

- [What I learned about purpose](#) / Ignite Chicago
- [Reprogramming](#) / Ignite Chicago
- [New Years Resolutions](#) / LIVE for Yourself
- [Texting tips](#) / LIVE for Yourself
- [Is dating dead?](#) / LIVE for Yourself
- [Grief: A dose of advice](#) / Dose Media Facebook Live
- [Ghosting: A dose of advice](#) / Dose Media Facebook Live

Sample Podcasts

- [moneythink with Ted Gonder](#) / The LIVE for Yourself podcast
- [Becoming comfortable being uncomfortable](#) / The LIVE for Yourself podcast
- [Your type with Scot McKay of X & Y Communications](#) / The LIVE for Yourself podcast
- [Red Flags with Bela Gandhi](#) / The LIVE for Yourself podcast
- [The Essentials with Benjamin Ritter](#) / The Guys Guy Radio
- [Live for Yourself with Benjamin Ritter](#) / Slacking Ambition

Sample writing:

- [Why find your purpose was the worst advice I've every followed](#) / ELITE Daily
- [Love shows up when you least expect it](#) / The Good Men Project
- [Why I have a problem with all the "get laid now" advice](#) / The Good Men Project
- [The key to never settling in your relationships](#) / Huffington Post
- [You don't deserve better, you deserve to be better](#) / ManTalks
- [5 tips to dramatically improve your relationships](#) / ManTalks



Consulting Services

Personal or executive consulting focuses on your goals, the transformations you want, and then delves even deeper into your true desires. It's completely about living and being true to yourself. Your success, satisfaction, and fulfillment, in your personal life, or in business, is only sustainable when you have a solid sense of self in the areas of intentions, values, and expectations.

Consulting services available:

- Initial 1-on-1 consultations are available for professional, personal development, sex, dating, and relationship issues. Each consultation involves the foundation of social and behavioral learning theories and personal development. Sessions will include a screening, informational and action oriented consulting session, and follow-up.
- The LIVE for Yourself program is based on a combination of learning theory, social and behavioral psychology and life and business coaching, and can be applied to either personal (internal development, dating, relationships) or professional situations. It focuses on exploring, defining, and understanding your internal self, your programming, while providing general consulting, in order to create lasting and fulfilling change externally. The LIVE for Yourself program and coursework targets your core sense of self, and limiting beliefs, and provides education, consulting, and activities that focus on internal development, and relationship introspection/management. The program coursework is available through 3 different tier levels of investment and involves 4 specific functional areas:

Life: This course focuses on your past, present, future and internal belief systems, and develops habits and the mental framework you need for unbreakable confidence, and self-esteem.

Intentions: This course focuses on your previous and current intentions, and those perceived by the people around you, and from previous relationships. Resulting in the realignment and awareness of personal intentions.

Values: This course focuses on your past and present personal values, and the values you need for a successful, satisfying relationship. Resulting in awareness of value alignment throughout personal and professional endeavors, creating greater levels of confidence, fulfillment, and satisfaction.

Expectations: This course focuses on your past and present relationships, and boundaries. Resulting in a framework for reducing stress from specific relationships, potential new relationships, and communicating, and cultivating positive fulfilling relationships.



Consulting Testimonials

“Ben has a very simple and charismatic approach to not only dating, but also the fundamentals of life. On many occasions he has guided me on the steps to being a masculine individual in a “world full of odds.” Great instructor, insightful mentor and a real mensch!” - T.M.

“Where many people look with negativity and see limited options, Ben sees opportunities and takes advantage with a positive outlook. He is able to teach this amazing gift with others.” - M.R.

“What differentiates Benjamin Ritter from other life and relationship experts is the tremendous amount of respect he harbors for every individual he meets. When you first meet him, you immediately gather the sense that he genuinely cares about what he does as a coach and wants to invest in your personal growth and potential. He gathers his energy from seeing others succeed and provides an awesomely positive level of encouragement balanced with constructive feedback on how his clients can make themselves the best at whatever they desire to improve in their lives and relationships. I consider it a great privilege to have been able to work with him and embark on a journey, with the aid of his easy to follow program, to build the life I’ve always wanted to live, but couldn’t find the resources and confidence to make it a reality. I have never been more happy, healthy, both mentally and physically, focused and purpose driven than I am at this time in my life and I attribute much of my personal growth and new found success with women to the teachings of this fine gentleman. Ben will show you the ways to stop living short of what you want out of life and find ways to improve your relationships, while at the same time, finding happiness and motivation from within yourself. I have tremendous respect and admiration for what he has done and continues to do for all the individuals he has helped, and I am grateful to have had him open my eyes, creating an awareness of the endless possibilities and choices I DO have the ability and opportunity to pursue.” - B. L.

“Ben makes other people successful in their dating lives because he leads by example, teaching men and to push their boundaries.” - I.S.

“I honestly don’t know where I would be without Ben. Before working with him I was lonely, disheartened, and had almost no self-confidence due to a previous marriage. Ben was the first breath of fresh air I had taken in a long time. He was respectful, and extremely patient but



demanded accountability. I am more confident and fulfilled than I have ever been. He really knows his stuff.” - P.G.

“Ben has a deep technical understanding of social dynamics and social norms, this knowledge in combination with his natural charm makes him powerful and effective as a coach.” - S.M.

“I think the most important part of working with Ben was the amount of structure but flexibility, trust and respect, but no BS mentality he takes with his approach. He will call you out, show you the darkness at the bottom of the hole, and then prove to you that you can climb out into the light. Forever a new person because of Ben.” - D.S.



The Essentials: Your one-stop-shop for life improvement and success with women

Paperback: 172 pages

ISBN-10: 0615596886

ISBN-13: 978-0615596884

Product Dimensions: 4.3 x 0.4 x 6 inches



Marketing copy:

Can you be more fulfilled? What preconditioned beliefs are effecting your success, dating life, and relationships? It's time to take more control of your life by abolishing, and redefining the rules that have been limiting your success. The Essentials – your one-stop-shop for life improvement and success with women, distills wisdom into directive by providing quick answers for men whom want to improve their success with women but with an underlying focus on overall development. Packaged as a travel-friendly, one-stop summary of the very best advice, with sections ranging from self-improvement to creating and sustaining relationships, The Essentials is what you need to improve your current status as a Man.

Sample Reviews:

“The title describes the information in Ritter's handbook, yet, the book itself is every bit as essential as all of the information included within it. It's a quick and easy read, but more importantly, it's a direct, clutter-cutting, and easy-to-reference essential. Removing the flowery adornments from the pages of a Text, Ritter parallels his direct and conclusive secrets. Simple. Black. White. Ritter's words are not law, but they may as well be statute or regulation in the confusing process of becoming a man. Ritter explains the automation of the process and how it will lead to many successes. He knows you won't be able to enjoy a night out carrying around a briefcase full of literature, or struggling to scan through gigabytes of data to find what to do. He empowers the reader in the simplest and clearest way possible. Still reveling in last night” - C.

“Just in case anyone has forgotten, being a gentleman has not gone out of style, and I think it's safe to say that it never will. If we happen to cross paths and you belong to the forgetful club of men who lack this stylish quality, I will gladly remind you by tossing a copy of The Essentials your way (... and yes, I have done this without hesitation before :)). I can't even begin to explain



how refreshing this little pocket book is. Not only is The Essentials the “cliff notes” for success with women, but more importantly, it touches on something that needs to be addressed and mastered first— self-improvement. There’s nothing sexier than a man with confidence and independence. Although it may be geared towards men, women can also learn a thing or two from The Essentials. I’ve tabbed several of my favorite quotes and frequently read them, especially whenever I need a little confidence boost. Every time I read this book I feel a rush of strength and motivation. Do yourself (and others) a favor and take 20 minutes out of your day to read The Essentials! It’s simple, to the point, and cheaper (and more successful) than buying a girl a drink at the bar!” – J

“The Essentials is a great book! Giving great advice of self improvement and improved confidence. Easy read in form of individual tips. It makes one think thru past interactions with women and understand why so many did not have the positive outcome. So many tips seem obvious but we just don't do them. Now I will and more importantly i feel more confident in how to approach women with more success. With the small pocket size format I keep in in my backpack for reference or to read during downtime.” – S

“The Essentials was everything I was looking for. The book was very refreshing and it gave me practical tips, not only to better my life and better the relationships I have with the people I surround myself with and women overall. Mr. Ritter provides information that's to point and very easy to understand. The book is very uplifting because it gives you the tips to approach women with confidence and gravitas. This book is for every guy out there looking to have a meaningful relationship with the opposite sex, and with the book so small, you can bring it anywhere you want. Thank you Mr. Ben Ritter for writing this book.” – D.P.



Resume

Education

Edd Organizational Leadership/Pepperdine University, expected graduation 05.2018/GPA 4.0
Leadership Excellence Award Education Programs 2016 – Ranked 1st in the nation

MBA/MPH Joint Concentration Program/University Illinois of Chicago, 05.2010/GPA 3.7
MBA Entrepreneurial Management Tech Venture Program
MPH Health Policy Administration

BBA Marketing/Loyola University Chicago, 12.2007/GPA 3.8
Minors: Management, Food and Nutrition

Publication(s)

Ritter, B. (2016). Human Capital Development in Developing Countries. *Journal of Global Leadership*, IV(1), 129-134.

Professional Experiences

Consultant / Founder

LFY Consulting

Chicago, IL

11.2012 - Present

- Curator of the Live for yourself life crafting program
- Expert panelist on “The Great Love Debate” hosted by Brian Howie
- University presenter, “Dating with a Side of Matzah Ball Soup - How Value Alignment Creates Successful and Healthy Jewish Interfaith Relationships,” and “You had me at Shalom” at Shabbat on the Lake 2016
- Host of the LIVE for Yourself podcast
- Freelance writer and expert for the Huffington post, Elite Daily, ManTalks, The Good Men Project, AskMen.com, Brit + Co, Bustle, Live Strong, and more
- Consistent contributor/expert to various sites through “Help a Reporter Out” (HARO)
- Previous host of the live facebook show “A Dose of Advice” through Dose and OMGfacts, episodes reaching over 59,000 views
- ManTalks Chicago Director and Host

Manager, Business Operations

Presence Saints Mary and Elizabeth Medical Center

Chicago, IL

02. 2015 - Present

- Provide planning and development administrative direction for all aspects of Presence Saints Mary and Elizabeth Medical Center (PSMEMC) service lines and business opportunities (supports CEO, CNO, CMO, CFO, Regional Strategic Growth Officer, and Regional Chief Ambulatory/Ancillary Officer.
- Forecasts and communicates monthly, quarterly and annual productivity, volumes, and financials to the executive team and utilizes findings for strategic project implementation and maintenance.
- Managed the implementation and creation of the system model for Daily Patient Safety Huddles throughout Presence Health increasing various employee engagement categories by 15-30%.



- Analyzes current and future market potential for various healthcare streams; current projects including cardiology, endocrinology, obstetrics and primary care facilities.
- Leads project management initiatives for Senior Leadership through utilizing Work Front and weekly/monthly meetings.
- Collaborated in planning and presenting strategic interventions for 2016 valued at over \$7 million and physician initiatives valued over \$1 million.
- Responsible for planning, managing and submission of capital requests (over \$80 million over the next 3 years).
- Interim Senior Financial Manager – approximately 6 months

Group Systems Analyst

Presence Saints Mary and Elizabeth Medical Center

Chicago, IL

08.2012 – 02.2015

- Analyzes best practice data, outcomes, and reports trends and opportunities to medical staff and hospital committees.
- Project lead, facilitator & analyst; BOOST, HEN, CUSP CAUTI, Surviving Sepsis, SNF Readmission Reduction, AHRQ Medicaid Readmission Reduction (sample key successes; reduced readmissions hospital wide 22.5%, Leapfrog Safety Score of A previous 3 years).
- Committee member on 10 different hospital improvement oriented teams, facilitator or collaborator for 20 different committees (131 meetings) annually, collaborated and trained all disciplines of staff on improvement projects, data analytics processes and software.
- Responsible for all internal data analysis, quality data reporting, and corporate validity checks
- Proficient in healthcare data analytic software including; HPM, MIDAS+, EPIC, Premier, Compass, and Comp Data.

Manager, Student Temporary Service

University of Illinois at Chicago Student Temporary Service Program (STS)

Chicago, IL

09.2008 - 05.2010

- Responsible for managing the Student Employment office and STS program (6 student employees and over 100 active employees and approximately 35 employed students).
- Coordinated employment procedures, HR paperwork, data entry, and time/billing input.

Men's Field Program Manager and Coach

MensPsychology.com

Chicago, IL

06.2009 - 06.2010

- Organized logistics, networked/marketed services, executed and coached monthly In-Field
- Collaborated, and directed multiple projects; ex. an internship competition with the Loyola University Chicago MBA marketing program
- Developed teleseminars, moderated forums and assisted in phone coaching



Sample Workshops and Contact information

Previous / potential workshop, seminar topics:

- Attraction
- Approaching
- Body language
- Confidence
- Expectations
- Finding your purpose
- First impressions
- Intentions
- Interfaith relationships
- Job satisfaction
- Mentoring
- Personal and professional alignment
- Sustaining relationships
- Values



Please send all inquiries to;

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