

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. He holds a bachelor's degree in marketing from Loyola University Chicago, a joint master's degree in entrepreneurial management and health policy administration from the University of Illinois at Chicago, and is completing his doctorate in education in the field of organizational leadership from Pepperdine University.

Benjamin Ritter is the founder of Live for Yourself consulting, author of the *Live for Yourself Journal*, and the book *The Essentials – your one stop shop to life improvement and success with women*, founder of The Breakup Supplement, curator and facilitator for a variety of workshops, including the LIVE system workshop, and the Happiness at work workshop. He is the host of the LIVE for Yourself Podcast, and previous co-host of the Suave Lover podcast; featured multiple times as a top podcast in the area of Sexuality on iTunes. He was also the host of a live dating and relationship advice show through Dose.com, and a consistent panelist for The Great Love Debate. Currently he is also 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 and the application of the LIVE system he has helped countless men and women cultivate alignment and achieve fulfillment in their personal and professional life. He can be reached at contact@benjamin-ritter.com, and 872.529.5483



Media, social media, and example engagement

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

- [LIVE: Entrepreneurship](#) / LIVE events
- [LIVE: Facing your fears](#) / LIVE events
- [Facing your Fears](#) / LIVE for Yourself
- [What I learned about purpose](#) / Ignite Chicago
- [Texting tips](#) / LIVE for Yourself
- [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
- [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 ever 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

Life has its ups and downs, good and bad days, but fulfillment in your personal and professional life is not tied to being happy all the time or specific outcomes, it comes from knowing and living true to who you are. LFY Consulting offers personal consulting services to help others learn how to live for themselves and corporate workshops aimed at improving rates of employee job satisfaction and retention.

Consulting services available:

- **Corporate workshops:** LFY Consulting offers research based interactive corporate workshops that are focused on; (a) cultivating greater personal meaning at work for employees, and (b) the LIVE system pillars for improving employee self-confidence, personal alignment, and emotional intelligence.
- **Personal consulting:** Live for Yourself (LFY) consulting specializes in helping you build the tools you need to deal with these events and live a life of sustainable fulfillment. LFY consulting through a focus on the LIVE system has developed an individualized process to provide you with a guidebook for YOUR life, because fulfillment and satisfaction aren't tied to happiness or specific outcomes. It's from knowing who you are. Potential clients that are interested in pursuing personalized consulting can choose either: (a) general consultations, one or monthly block sessions, which are for specific situational questions or concerns that will not require a long-term LIVE program, or a (b) long-term LIVE system program which is for concerns that require complete transformations and are oriented to meet specific longer term goals.



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.



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

Simplify Health Inc. / LFY Consulting

Chicago, IL

11.2015 - Present

- Curator of the Live for Yourself consulting program focused on cultivating personal alignment to create fulfillment in the personal and professional environments
- LIVE events director and host, quarterly personal development event highlighting local business men and women while cultivating community
- Host of the LIVE for Yourself podcast, training and developing others to live for themselves. Founder of The Breakup Supplement
- Corporate wellness workshop facilitator, university presenter, and expert panelist
- Author of The Essentials, and the Live for Yourself Journal
- 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 each
- Previous ManTalks Chicago Director and Host, quarterly personal development event

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

Chicago, IL

Presence Saints Mary and Elizabeth Medical Center

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

Chicago, IL

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

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

Chicago, IL

MensPsychology.com

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

