

## ROXANE BATTLE INTRO 2024

A media and mental health expert Roxane Battle has spent her entire career telling stories to help audiences find joy.

With 20+ years' experience as an Emmy-nominated and award-winning news anchor, reporter and host for NBC-Minneapolis, CBS and FOX, Roxane covered stories big and small including dancing on stage with Prince and interviewing Sara Ferguson, the Duchess of York.

As an executive inside Fortune 500 UnitedHealth Group's behavioral health division, Roxane worked with the world's top mental health professionals at the height of the pandemic to find solutions to burnout. Her video series, "*Checking in with Roxane Battle*," reached 4 million subscribers. She has appeared with TikTok wellness influencer Marcus 'Garden Marcus' Bridgewater and 6-time gold medal Olympian Aly Raisman, and given wellness talks for UnitedHealth Group, Optum, Apple, Wells Fargo, Essence Festival of Culture, The Society of Human Resource Managers, Thomson Reuters, and the University of Minnesota.

Her books, *Pockets of Joy; Deciding to Be Happy: Choosing to Be Free* and the *Pockets of Joy Journal* became Amazon #1 bestsellers. An award-winning Book of the Year, *Pockets of Joy* shares Roxane's personal experience with depression and anxiety and ultimate journey towards joy as a divorced single mom.

Roxane earned her undergraduate degree in journalism from the University of Minnesota-Twin Cities and her master's from the University of Missouri-Columbia. She also studied psychology through Harvard's Extension School of Continuing Education and in 2023 completed a certification in Emotional Agility in the Workplace.

She's been named an Architect of Change on [mariashirver.com](http://mariashirver.com) and has been featured on the cover of *Working Mother* magazine. In addition to three Midwest Regional Emmy nominations, she has won four national Telly Awards.

Roxane serves as an advisor for University of Minnesota Carlson School of Management Women's Board, and volunteers as a workstream committee member for the Minneapolis Downtown Council.

She owns a pair of roller skates and has bookmarked way too many recipes on social media. Follow her on Instagram and LinkedIn @roxanebattle.