



SHORT BIO

Roger K. Allen, Ph.D., is a psychologist, author, and relationship educator who provides practical tools for turning life's key moments into opportunities for personal growth, stronger relationships, and more meaningful lives. Drawing on more than four decades of experience in therapy, human development, teaching, and organizational consulting, he translates psychological insight into clear, memorable frameworks for personal growth, marriage, parenting, dialogue, and leadership. His highly rated online courses have reached more than 150,000 Udeemy students worldwide.

CONVERSATIONAL HOST INTRO

Today's guest, Roger K. Allen, Ph.D., has spent more than four decades helping people grow personally and strengthen their most important relationships. Roger is a psychologist, author, relationship educator, and Udeemy Instructor Partner whose courses have reached more than 150,000 students worldwide. His books include *The Art of Dialogue*, *The Hero's Choice*, *Six Habits of a Healthy Marriage*, and *Raising Responsible, Emotionally Mature Children*. At the heart of his work is a hopeful idea: even when we cannot choose what happens, we can make strengthening choices in the key moments that shape our lives. Welcome, Roger.

BRIEF PROFESSIONAL TEXT DESCRIPTION

Psychologist • Author • Relationship Educator | Practical tools for life's key moments | Emotional maturity • Healthy relationships • Meaningful lives | RogerKAllen.com