

Russell Betts

Founder, Relational Intelligence Framework
Creator, Connected Through Change

AUTHOR • SPEAKER • STRATEGIST



MASTER BIOGRAPHY

Full Biography • 380 words • source document for every version below

Russell Betts is the founder of the Relational Intelligence Framework and the creator of Connected Through Change, an organization dedicated to helping individuals, leaders, and institutions navigate the human side of change with greater clarity, steadiness, and connection.

His work sits at the intersection of leadership, relationships, organizational systems, and personal transformation. Rather than focusing on quick fixes or communication techniques alone, Russell helps audiences understand the deeper structures that shape how people respond to pressure, transition, and uncertainty. His central conviction is simple: many of the challenges we face today are not failures of effort but signs that the systems we have relied upon are no longer sufficient for the moment we are living in.

For more than three decades, Russell has worked with leaders, organizations, and individuals who were confronting moments when familiar strengths stopped producing familiar results. Those experiences led him to develop the Relational Intelligence Framework—a practical way of understanding how relationships, pressure, and systems interact across families, teams, organizations, and communities.

Russell is the author of *When Strength Stops Working* and *The Good Husband's Guide to Menopause*, two books that explore different expressions of the same underlying question: how do we remain connected, effective, and fully human when the conditions around us change faster than our instincts?

His speaking engagements invite audiences into conversations rather than performances. Whether addressing conference audiences, executive teams, leadership retreats, or community organizations, Russell is known for creating thoughtful, engaging experiences that provide practical language for complex realities. Participants leave with more than inspiration—they leave with a shared framework that continues shaping conversations long after the event has ended.

In addition to his speaking and writing, Russell is building a broader body of work that includes Connected Through Change, the Relational Impact Institute, assessment tools, educational programs, and research initiatives designed to advance the practical application and measurement of Relational Intelligence across multiple domains.

Based in Columbus, Ohio, Russell continues to write, speak, and develop new frameworks that help people navigate change with greater wisdom, stronger relationships, and a deeper capacity to lead under pressure. His work is grounded in the belief that lasting change rarely begins with better techniques alone. It begins with learning to see ourselves, one another, and the systems we inhabit more clearly.

AT A GLANCE

FRAMEWORK

Founder, Relational Intelligence Framework

ORGANIZATION

Creator, Connected Through Change

BOOKS

When Strength Stops Working
The Good Husband's Guide to Menopause

FOCUS AREAS

Leadership & organizational systems • Relationships under pressure • Change & transition • Personal transformation

FORMATS

Keynotes • Executive briefings • Leadership retreats • Community & conference programs

BASED IN

Columbus, Ohio

“Many of the challenges we face today are not failures of effort—they are signs that the systems we have relied upon are no longer sufficient for the moment we are living in.”



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BIOGRAPHY VARIATIONS

Shorter derivatives of the master biography, sized for common speaker-kit uses

Long-Form Biography

For conference programs & detailed press • 218 words

Russell Betts is the founder of the Relational Intelligence Framework and the creator of Connected Through Change, where he helps individuals, leaders, and organizations navigate pressure, transition, and relationships with greater clarity and confidence. His work focuses on the structures that shape how people respond to change, offering practical frameworks rather than quick fixes.

Drawing on decades of experience working with leaders, organizations, and families, Russell developed the Relational Intelligence Framework to provide a common language for understanding how relationships, systems, and leadership interact under pressure. His central insight is that many challenges are not failures of effort, but signs that the systems supporting our success have changed.

Russell is the author of *When Strength Stops Working* and *The Good Husband's Guide to Menopause*. His keynote presentations, executive briefings, and leadership conversations are known for their thoughtful, conversational style and their ability to help audiences see familiar challenges in new ways. Rather than leaving people with a list of tactics, he equips them with frameworks that continue shaping decisions and relationships long after the event.

In addition to his speaking and writing, Russell is building a broader body of work through Connected Through Change and the Relational Impact Institute, advancing practical applications of Relational Intelligence for individuals, organizations, and communities. He lives and works in Columbus, Ohio.

Short Biography

For introductions & press releases • 94 words

Russell Betts is the founder of the Relational Intelligence Framework and the creator of Connected Through Change. Through his speaking, writing, and organizational work, he helps leaders, teams, and individuals navigate pressure, transition, and relationships with greater clarity and confidence. Russell is the author of *When Strength Stops Working* and *The Good Husband's Guide to Menopause*. Rather than offering quick fixes, he equips audiences with practical frameworks and a shared language for understanding complex challenges, creating conversations that continue working long after the event has ended. He lives and works in Columbus, Ohio.

Standard Biography

For event programs & website features • 142 words

Russell Betts is the founder of the Relational Intelligence Framework and the creator of Connected Through Change, an organization dedicated to helping individuals, leaders, and institutions navigate the human side of change. His work explores the intersection of leadership, relationships, and organizational systems, helping audiences understand why familiar strengths sometimes stop producing familiar results—and what comes next.

Russell is the author of *When Strength Stops Working* and *The Good Husband's Guide to Menopause*. Whether speaking to conference audiences, executive teams, or community organizations, he is known for creating thoughtful conversations that provide practical language for complex realities. Participants leave with more than inspiration—they leave with frameworks they can continue applying long after the event.

Based in Columbus, Ohio, Russell continues to write, speak, and develop practical tools that help people lead with greater wisdom, stronger relationships, and lasting impact.

Micro Biography

For social bios & directory listings • 50 words

Russell Betts is the founder of the Relational Intelligence Framework and creator of Connected Through Change. An author and speaker, he helps leaders, organizations, and communities navigate pressure, relationships, and change with greater clarity. His work equips audiences with practical frameworks that continue shaping conversations long after the event ends.