

# Chad Lawson

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Pianist, Composer, Podcaster, and Mental Health Advocate

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## PROFESSIONAL SUMMARY

Chad Lawson is an internationally acclaimed pianist, composer, and mental health advocate whose music has amassed over 1 billion global streams. As the creator of the award-nominated Calm It Down podcast (7M+ downloads), Chad explores the intersection of music, mindfulness, and emotional health, with a dedicated focus on helping young adults manage anxiety, depression, and trauma through creative, science-informed tools. He is a United Nations Ambassador for the World Federation for Mental Health and a certified breathwork educator. His work has been featured by NPR, CBS Sunday Morning, Forbes, and Apple Music.

## AFFILIATIONS & HONORS

- United Nations Ambassador, World Federation for Mental Health
- Steinway Artist
- Artist on Universal Music Group (Decca Records)
- Creator & Host, Calm It Down podcast
- Composed "The Light Within" (Official Theme for World Mental Health Day 2023)

## CERTIFICATIONS

- Certified Breathwork Facilitator – Yoga Alliance
- Certified Breathwork Facilitator – Loka Yoga School

## SELECTED PROJECTS & PARTNERSHIPS

- Calm It Down Podcast (2020–present) – 7M+ downloads; 73% youth female audience
- Sound Therapy Artist with Sollos & Apple Music – Science-based sound frequency initiative for emotional regulation and focus
- To Write Love on Her Arms – Collaborator in youth suicide prevention campaigns
- Thrive Global, Nike, Amazon, Peloton – Guided breathwork and meditation events
- World Mental Health Day Global Campaign – Podcast & musical activations

## **SPEAKING & WELLNESS ENGAGEMENTS**

- Stanford University – Guided meditation + solo piano performance
- Emory University – Breathwork and well-being programming
- Auburn University, University of Indiana – Student resilience workshops
- Nike, Amazon, Peloton – Corporate wellness education and sound therapy

## **MEDIA & FEATURED PRESS**

- NPR – All Things Considered, Weekend Edition, Morning Edition
- CBS Sunday Morning
- Forbes, Rolling Stone, Variety
- Apple Music – Sound Therapy Channel, global campaign partner

## **ADDITIONAL SKILLS**

- Youth mental health outreach
- Music and breathwork integration for emotional regulation
- Public storytelling and digital media production
- Cross-sector partnerships in music, wellness, and nonprofit sectors

## **AVAILABILITY & COMMITMENT**

- No conflicts of interest
- Available for all board meetings (in-person, virtual, or email-based)
- Fully prepared to serve on committees and contribute to WFMH strategy

\*Full references and supplemental materials available upon request.\*