

Lawrence E. Adjah

Lawrence E. Adjah, MBA, M.Ed, M.Div., is a community leader, social entrepreneur, and ordained minister whose work sits at the intersection of relational health, social infrastructure, faith, and community innovation. He is the Founder and CEO of the Family Dinner Foundation, where he built one of the world's largest belonging and relational wellness initiatives, connecting more than 50,000 young adults across 40 cities through scalable models of shared meals, small-group formation, and mutual care.

A Presidential Leadership Scholar (2024), former McKinsey consultant, and All-American track and field athlete, Lawrence holds degrees from Harvard, Stanford Graduate School of Business, UT Austin, and Gordon-Conwell Theological Seminary. His perspective is shaped by a rare blend of insight: he sees people like a pastor, valuing their humanity before their utility; he sees systems and problems like a strategy consultant, structured, analytical, and solutions-oriented; and he sees opportunities like an entrepreneur and investor, courageous, adaptive, and driven by possibility.

Lawrence brings together theological depth, business strategy, and cross-sector fluency to address loneliness and social fragmentation at scale. His 5C Mutual Care Framework © provides a replicable blueprint for relational ecosystems across cities, health systems, universities, corporations, churches, and neighborhoods. He is also a best-selling author, seasoned marriage counselor, Bible narrator (NIV), and global speaker and host whose work through the Just Heal, Bro tour and other platforms has served thousands worldwide.

A trusted leader of leaders across business, ministry, and the nonprofit sector, Lawrence is known for uniting systems-level strategy with theological and relational insight, combining the business acumen of a CEO with the interpersonal wisdom of a pastor. His work strengthens individuals just as effectively as it strengthens communities and institutions for the common good.

FEATURED IN: Ebony, Black Enterprise, Essence, Chicago Tribune, Miami Tribune, and nationally syndicated outlets.

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Lawrence E. Adjah, MBA, M.Ed, M.Div., is an accomplished leader, best-selling author, and social entrepreneur dedicated to helping individuals and communities establish and strengthen their relationships with God, with other people (family, friends, neighbors), and themselves (mind & body). Known for addressing the issue of loneliness in the digital age, he founded Family Dinner Foundation. Its key initiative, Our Family Dinner, reached nearly 50,000 young adults in 40 cities worldwide, fostering lifelong relationships through shared meals and mutual care groups.

Adjah's work has been featured in *Ebony*, *Black Enterprise*, *Essence*, *The Chicago & Miami Tribunes*, and other nationally syndicated outlets. He also addresses mental health and wellness as a host and panelist for the Just Heal, Bro global tour. He authored the best-selling *The 100 Marriage: Decisions & Declarations You Need to Make Before Getting Married*, offering guidance towards a prepared, lifelong marriage. Additionally, he narrated the audio version of the Bible: *Lawrence E. Adjah Reads the Bible: New International Version (NIV)* (Watch God Work™ Publishers - 2024).

A licensed and ordained Minister of the gospel and certified marriage counselor, Adjah provides gospel-based counseling, chaplaincy, and executive + life coaching to high achieving professionals and organizations.

Beginning his career at McKinsey & Company after being an All-American track & field athlete, Adjah holds a B.A. from Harvard, an MBA from Stanford's Graduate School of Business, an M.Ed from The University of Texas at Austin with distinction, and an M.Div from Gordon-Conwell Theological Seminary, where he received the Preaching Award and the John D. Tate award. He was also a 2024 Presidential Leadership Scholar.

Lawrence serves as an Advisory Board Member and President Emeritus of the Board of Directors for The Harvard Black Alumni Society (HBAS). He also serves on the Board of Directors for the Urbanworld Film Festival and formerly served on the national Board of New City Kids.