

Karith Foster

CEO and Founder

Foster Russell Organization



For over a decade Karith Foster has taken her passion for entertaining and critical thinking nationwide- from the airwaves to organizations; from universities to corporations creating a seismic shift in mindsets when addressing issues of true diversity and inclusion.

This former co-host of controversial radio personality Don Imus and former Fortune 500 human resources executive administrator brings the perfect blend of knowledge and experience when conveying the ever-present need to address diversity, inclusion and effective communication. Karith leaves her audiences feeling inspired and encouraged to commit to the journey of mutual respect, acceptance and a greater sense of belonging.

“If you can laugh at it you can get through it,” is not only her motto, but the invaluable lesson Karith Foster seeks to instill in others. As a humorist, speaker, TV & radio personality, author, entrepreneur, wife, and mother whose sense of duty, service, along with her riotous sense of humor, have made her a positive force of change. The words “no” and “impossible” are not in her vocabulary as evidenced by her career path, life challenges, chosen adventures and desire to help others.

Karith is Diversity Engagement Specialist whose signature programs “Stereotyped 101™”, “You Are E.N.O.U.G.™”, “The Humor Initiative™” and “You Can Be Perfect...OR You Can Be Happy™” are impacting lives at academic institutions, organizations and corporations across America in a time when humor, understanding, acceptance and respect are so desperately needed.

She is one of the featured comedians in the 2016 hit documentary about comedy and outrage culture, “Can We Take a Joke?” which garnered accolades in The Washington Post and TIME Magazine. She most recently founded the Foster Russell Family Foundation, a 501(c)3 non-profit, whose mission is to inspire free speech, social change and empowerment through education and mentorship. www.FosterRussell.org

Karith is an alumna of Stephens College(Missouri) and Oxford University. In March 2017, Karith joined one of the highest echelons of the speaking world when she delivered her TEDx Talk “The Art of Defying Stereotypes: Learning to be True to Your Voice” at the TEDx LincolnSquare Risk Takers and Change Makers in New York City.