

KEYNOTE SPEAKERS



Jessica Grossmeier, PhD, MPH

Jessica Grossmeier is a workplace health promotion thought leader with 25 years of experience advancing individual and population health. Serving the industry for the past 15 years as an outcomes researcher, she has executed numerous studies on the health and financial outcomes of health promotion programs sponsored by large, national employers – and presented at numerous national industry conferences. As vice president of research at HERO, Grossmeier oversees the direction and execution of the organization's research agenda. This includes providing research expertise and consultation to HERO study committees, serving as research liaison to external contractors and study collaborators, and serving as principal investigator for HERO-sponsored research studies. Prior to joining HERO, Grossmeier served a variety of research roles that included oversight of research on best practices and outcomes associated with workplace health and well-being programs. She also has served in academic research and teaching roles at the University of Minnesota and the University of Phoenix.



Laura Putnam, MA

Laura Putnam is author of the 2015 book, *Workplace Wellness That Works* and founder of the consulting firm Motion Infusion. Her work has been covered by MSNBC, The New York Times, U.S. News & World Report, Entrepreneur, Business Insider and NPR. She is a former urban public high school teacher, international community organizer, dancer, gymnast and now a movement builder in the world of health and wellness. With a mission to get organizations “in motion,” Putnam is a frequent keynote speaker and has worked with a range of organizations from Fortune 500 companies to government agencies to academic institutes and nonprofits. She is the recipient of an American Heart Association 2020 Impact Award as well as the National Wellness Institute's Circle of Leadership Award. A graduate of Brown University and Stanford University, she lives in San Francisco with her fiancé.



Françoise Mathieu, MEd, RP, CCC

Françoise Mathieu is a registered psychotherapist in the Canadian province of Ontario and a recognized compassion fatigue specialist. Her experience stems from over 20 years as a mental health professional, working as a crisis counsellor and trauma specialist in hospital, university counselling, military, law enforcement and other community mental health environments. Françoise is co executive director of TEND, which offers consulting and training to helpers on topics related to secondary trauma, compassion fatigue, burnout, self-care, wellness and organizational health. She is author of the 2012 book, *The Compassion Fatigue Workbook*, as well as multiple articles and publications.

GENERAL SESSION SPEAKERS



Jason Bibelheimer

Jason Bibelheimer is the vice president of global total rewards and human resources operations at Western Digital Corporation. He has been in the human capital management arena for many years, and has broad experience across diverse functional areas, multi-industry segments and emerging markets. Prior to joining Western Digital in 2007, Bibelheimer led compensation and HRIS functions with Automobile Club of Southern California and Edison Mission Energy. A Southern California native, Jason holds a Bachelor of Science degree in Business Management from Pepperdine University, and is certified by World at Work as a Certified Compensation Professional (CCP).



Christopher P. Celio, MD

Christopher P. Celio is a family medicine physician with a focus on wellness and helping his patients achieve good health. Having spent several years in family medicine at St. Joseph Heritage Healthcare in Southern California, he is medical director of the Corporate Medical Clinic at Western Digital Corp. Celio is an expert in using data to develop effective programs that maintain health and minimize the incidence and severity of diabetes, heart disease and other chronic problems.



Danielle Keenan

Danielle Keenan has over six years of experience in employee population health management. She provides consulting to Keenan's clients to design, implement and evaluate best-practice population health management programs that will shift the organizations' culture toward optimal health. Keenan also provides expertise in developing engagement strategies and programs to address lifestyle risk factors and improve management of chronic conditions to minimize avoidable health care utilization. Additionally, she assists clients with third-party vendor acquisition, contracting and coordination. She holds a bachelor's degree in psychology from Cal State Long Beach and a master's in public health from UCLA. Keenan has also earned the WELCOA Worksite Wellness Certification and was named one of WELCOA's Top 50 Health Promotion Professionals.



Robin Rager, PhD, FAWHP

Robin Rager has been involved in the health and wellness field for nearly three decades, both as a consultant and as a college professor and researcher. His consulting and academic activities have focused on individual and population health management, and the design and evaluation of effective wellness and condition management programs in a variety of populations and settings – ranging from health care systems to railroad workers to military personnel to farm workers. He holds MS and PhD degrees in health education from Penn State, served as the Director of Penn State University's Center for Worksite Health Enhancement, and has authored numerous articles on wellness and condition management. He is a Fellow of the Association for Worksite Health Promotion (FAWHP).



Karen Sandvoss

Karen Sandvoss earned a fine arts degree from the University of Michigan and currently teaches improvisational comedy at Pan Theater in Oakland. Since 2013, she has been performing regularly with Awkward Face, Oakland's longest-running improv troupe. Karen has studied with improv giants Karen Graci (iO West), David Razowsky (Second City), Brian James O'Connell (iO West/Pack Theater), Suzanne Hitchman (N.Y.) and many more. She uses improv as a meaningful way to connect people, build trust and communication skills, and develop a mindful meditation practice through play. She believes everyone can benefit from this dynamic art form, whether on stage, at home or in the workplace.



Toni Sicola

Toni Sicola is a wellness professional, holistic nutrition expert, blogger, entrepreneur and food enthusiast. She's been in the corporate wellness industry for over five years, managing the wellness program for Alameda Health System's diverse population of 4,500 employees. Fueled by her passion for helping others achieve optimal health and wellbeing, Sicola is always on the hunt for the most innovative approaches to solving life's biggest challenges – how to stay healthy and feel fulfilled. Her personal and professional mission is to make a holistic approach to health accessible to the masses. When she's not working, Sicola is feeding her passions for cooking, gardening, rock climbing, creating and playing with her dog Dexter. Her favorite places to be outside include the national and regional parks in Northern California, especially Yosemite, and her backyard garden.



Katie Townsend-Merino, MA

Katie Townsend-Merino is an emeritus professor of psychology from Palomar College and former dean and vice president of two community colleges. She teaches a variety of mindfulness and compassion courses at Tahoe Forest Hospital where she also sees private clients. Katie is qualified by the University of Massachusetts to teach Mindfulness-Based Stress Reduction and Mindful Eating classes, is qualified by the UCSD Center for Mindfulness to teach self-compassion courses and has completed the Mindful Educator course with Mindful Schools. She is also a board member and volunteer garden director for Slow Food Lake Tahoe, where all organic produce is donated to a local Meals on Wheels program. Her favorite quote is, “Right now, this is how it is.”

