



University Summit 2024

SPEAKER BIOS

University Summit
Committee Chair



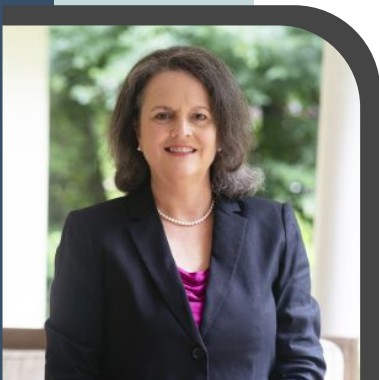
Joni Troester, MBA, SPHR, CEBS

University of Iowa

Joni Troester, MBA, CEBS, SPHR, is the Senior Assistant Vice President, Deputy CHRO at The University of Iowa. In her current role, she provides leadership for a broad offering of human resources services for faculty and staff with an emphasis on well-being, talent, total rewards, employee experience, and data/analytics. Joni leads a team of staff members responsible for talent acquisition, compensation, health and welfare plans, retirement plans, well-being programs, workers' compensation services, and data management.

Joni is a member of the Board of Directors for the Health Enhancement Research Organization (HERO), a national non-profit organization focused on employer based health and well-being. She earned degrees from the University of Iowa with a BS and MA in exercise science, and received her MBA from the Tippie College of Business at the University of Iowa. She is a Certified Employee Benefits Specialist and Senior Professional in Human Resources.

Host



Karen Moseley

HERO

Karen Moseley is President & CEO of the Health Enhancement Research Organization (HERO), a national think tank dedicated to advancing best practices in workplace health and well-being. Having worked in the nonprofit sector for more than 30 years, Karen has led the development and dissemination of groundbreaking research and educational convenings within multiple health-focused organizations. She is the 2021 recipient of the Leader in Workplace Wellness Award presented by the Global Wellness Summit. In 2023, she was recognized as one of The Most Influential Women Leaders in Health Promotion by the *American Journal of Health Promotion*. Karen received her Bachelor of Science in business administration from the University of North Carolina at Chapel Hill.

Alena Williams, LMSW

University of Michigan



Alena Williams, LMSW, is a MHealthy Risk Reduction Services Wellness Program Manager. In this role, Alena manages MHealthy's Alcohol Management Program, Tobacco Consultation Service, and Social Determinants of Health (SDOH) Initiative focused on income as a social determinant of health to support health equity and population health in the University of Michigan employee population. Alena also serves as the co-chair for the MHealthy Diversity, Equity, and Inclusion (DEI) Committee and Michigan Medicine DEI Lead. She is committed to strategic approaches to address the intersection of SDOH and all dimensions of well-being through programming and staff development.

Erin Litton, MA, MCHES, NBHWC

University of Iowa



Erin Litton, MA, MCHES, NBHWC, is an experienced leader in change management, wellness design, organizational culture, program development and implementation, system assessment, and educational instruction. She has worked in the well-being industry since 2006, and continues to find ways to engage well-being in new and different ways. As a coach and program consultant, Erin worked to develop meaningful programs to support employee health. Then, as a faculty member at the University of Iowa, she led students to inspire well-being through strategy and organizational design. Now, as the Senior Director of Well-Being at the University of Iowa, Erin applies strategy with meaningful programming to embed well-being into the culture at the University of Iowa. When Erin is not at work, she enjoys cheering her kids at their sporting events and walking her dog, Lola.



Jessica Grossmeier, PhD, MPH

HERO, Jessica Grossmeier Consulting

Jessica Grossmeier, PhD, MPH, is an award-winning researcher, speaker, and author of *Reimagining Workplace Well-being: Fostering a Culture of Purpose, Connection and Transcendence*. As a leading authority in workforce well-being, she collaborates with employers and well-being service providers to create evidence-based strategies. Recently recognized as one of the most influential women leaders in health promotion by the *American Journal of Health Promotion*, Jessica serves as a Senior Education Fellow for the Health Enhancement Research Organization, co-leads the Global Wellness Institute's Workplace Wellbeing Initiative, and serves on several advisory boards. Jessica holds doctoral and master's degrees in public health, specializing in community health education.



Jesse Gavin, MA

Baylor College of Medicine

Jesse Gavin, MA, serves as the Well-Being Officer for Baylor College of Medicine (BCM). Since implementing their well-being initiative in 2014, BCM has won numerous awards, including the 2018 WELCOA Well Workplace Award, 2019 C. Everett Koop Award Winner, 2023 C. Everett Koop Award Honorable Mention, and is routinely among the nation's Healthiest Employers Top 100. Jesse volunteers within various well-being groups and non-profit organizations in the community. He served as Co-Chair for the Houston Corporate Wellness Group in 2015, and routinely works with the American Heart Association, MS Society, Houston Business Group on Health, and the Houston and Pasadena Livestock Show and Rodeo. Jesse speaks at national conferences on creating healthy workplaces, building connections, and reducing employee burnout. Jesse's research interests include creating foundational and structural organizational changes to empower and engage employees. Jesse received a master's in fitness and human performance and is pursuing a Doctorate in Public Health.



Karen Schmidt, MPH

University of Michigan

Karen Schmidt, MPH, is the Senior Director for the University of Michigan's Health and Well-being Services, which includes MHealthy, Mental Health Counseling and Consultation Services, and Child and Family Care, including three children's centers. Health and Well-being Services supports the health and well-being of faculty, staff, dependents, families, and patients. MHealthy has won numerous awards that recognize outstanding worksite health promotion programs including the 2021 C. Everett Koop National Health Award, Michigan's Best and Brightest in Wellness, Healthiest Employers of Southeast Michigan, and the U.S. Healthiest 100 Workplaces in America. Karen has nearly 25 years of experience leading health and well-being programs. Before joining MHealthy in 2008, she worked for the university's health plan, M-CARE, overseeing wellness programming for its members. She has a Master of Public Health degree from the U-M.



Kerry Evers, PhD

ProChange Behavior Solutions

Kerry Evers, PhD, is the Co-President & CEO of ProChange Behavior Solutions. As an expert in behavior change science and well-being, she has dedicated herself to developing and disseminating health behavior change programs since the founding of ProChange in 1997. Her work has led to over \$7 million in NIH-funded research, focusing on various populations, including caregivers for Alzheimer's patients, individuals with hereditary cancer syndromes, LGBTQ+ individuals, and those with substance use disorders. Recognized as one of the Most Influential Women Leaders in Health Promotion and receiving an appointment on the Executive Board of the RI Life Science HUB, she has close to 40 publications and numerous accolades, including the 2024 Professional Services Leader by the Women in Business Awards in RI and the HERO Mark Dundon Research Award. Kerry received a PhD in Psychology from the University of Rhode Island.



Shannon Telenko, PhD

American University

Shannon Telenko, PhD, is the DEI Consultant in the Office of Human Resources at American University. She has worked in higher education since 2000, starting out in residence life and then transitioning into roles in research, academic advising, teaching, diversity and inclusion, and HR. She's worked at American University, the Pennsylvania State University, and Penn Highlands Community College. Working with employees in higher education rather than students is a relatively new experience for her, however her student and curriculum development experience has served her well in developing and carrying forth meaningful employee engagement opportunities for her colleagues at AU and Penn State. Shannon has a PhD in cultural anthropology with a concentration in race, gender, and social justice, an MA in public anthropology from American University, an MEd in higher education administration from Peabody College at Vanderbilt University, and a BS in business administration from Robert Morris University.



Zhiqing "Albert" Zhou, PhD

Johns Hopkins Bloomberg School of Public Health

Zhiqing "Albert" Zhou, PhD, is an Associate Professor in the Department of Mental Health at Johns Hopkins Bloomberg School of Public Health. His research focuses on workplace mental health, studying how workplace experiences affect employee health, safety, and well-being, the interface between employee experiences between work and nonwork domains, and how to promote better employee health, safety, and well-being.

Albert's research has been published in top journals in his research fields, including *Journal of Organizational Behavior*, *Journal of Occupational Health Psychology*, *Human Relations*, and *Work & Stress*. He is currently an Associate Editor of *Journal of Occupational Health Psychology*, *Group & Organization Management*, and *Stress & Health*. Albert received his PhD in industrial and organizational (IO) psychology with a concentration in occupational health psychology (OHP) and a minor in public health from The University of South Florida in 2014.