



# Megan Amaya

Megan Amaya, PhD, CHES, NBC-HWC is Associate Clinical Professor and Director of Health Promotion and Wellness at The Ohio State University College of Nursing. She leads a team that implements wellness strategy, programs and services for university students, faculty, staff and the state of Ohio community. Megan is co-director of the Bachelor of Science in Health and Wellness undergraduate program. She teaches courses in the program, including evidence-based practice and self-care approaches. Megan is principle investigator on multiple health and wellness research projects. Megan currently serves as President-Elect for the National Consortium for Building Healthy Academic Communities and member of several university and College of Nursing committees. She is a certified health education specialist and board-certified health and wellness coach.

## HERO University Summit 2023



# David Ballard

David W. Ballard, PsyD, MBA, is a Senior Fellow and Scientific Advisor for Workforce Mental Health at HERO. His work focuses on organizational effectiveness, occupational health promotion, workforce mental health, program design and evaluation, and systems-level workplace interventions. David has provided research, consultation, and training services to government agencies, industry groups, corporations, private equity firms, medical schools, and universities. He currently serves on the boards of directors for The Health Project, which presents the C. Everett Koop National Health Awards, and Sound Mind, co-chairs the Advisory Committee for The Carolyn C. Mattingly Award for Mental Health in the Workplace, and is a member of NIOSH's Cross-Sector Council on Healthy Work Design and Well-being.

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# Ron Goetzel

Ron Goetzel, PhD, is a Senior Scientist and Director of the Institute for Health and Productivity Studies (IHPS) at the Johns Hopkins Bloomberg School of Public Health. The mission of the IHPS is to bridge the gap between academia, the business community, and the healthcare policy world – bringing academic resources into policy debates and day-to-day business decisions and bringing worker health and productivity management concerns to academia. Before moving to Johns Hopkins University, Ron was on the faculty at Emory and Cornell Universities. He is an internationally recognized and widely published expert in health and productivity management (HPM), return on investment (ROI), program evaluation, and outcomes research. He has published well over 200 peer-reviewed articles and book chapters and frequently presents at international business and scientific forums.

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# Jody

# Ensman

Jody is the UK HR Health & Wellness manager responsible for the oversight and strategic direction of the UK wellness and well-being initiatives. She has held this role since 2003. Prior to joining UK, she worked in a number of key management positions with responsibility for design and administration of health promotion and fitness programs for leading global corporations, including Johnson & Johnson Health Care Systems, Owens Corning World Headquarters, Ford, and General Motors. Jody holds a Bachelor of Science degree in Health & Physical Education from Edinboro University of Pennsylvania and a Master of Science degree in Kinesiology & Health Promotion with an emphasis in Corporate Wellness from the University of Kentucky. Jody is an avid adventurer and thrives in nature.

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# Kristi Rahrig Jenkins

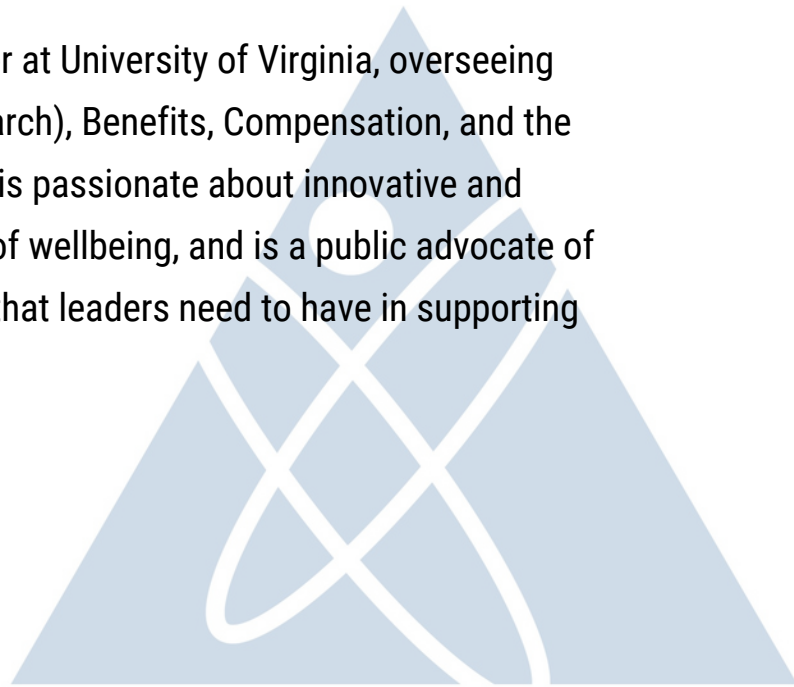
Kristi Rahrig Jenkins, PhD, MPH, is the Research Program Manager for MHealthy, the health and well-being services for the University of Michigan's faculty, staff, and dependents. Kristi has over twenty years of experience in research units at the university. Before joining MHealthy in 2009, Kristi worked for the university's Addiction Research Center and the Institute for Social Research, exploring research questions related to health and health behavior across the life course, particularly issues related to chronic disease, family relationships, social and psychological aspects of health, and population health. Kristi holds a MPH in community health education from the University of South Florida and a PhD in Sociology from Wayne State University.

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# Merica Shepherd

Merica Shepherd is the Total Rewards leader at University of Virginia, overseeing HoosWell (wellness programming and research), Benefits, Compensation, and the Faculty & Employee Assistance center. She is passionate about innovative and effective strategies to enhance all aspects of wellbeing, and is a public advocate of the critical, but often unacknowledged role that leaders need to have in supporting wellbeing.



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# Chantal Sheridan

Chantal Sheridan, PhD, is Director of Well-being at the Keck School of Medicine of the University of Southern California. She is a clinical psychologist by training and has dedicated her life's work to advocating for organizational changes that will make medical schools more sane and humane places to work. Since 2016, Sheridan has served as well-being leader for medical students at Keck, where she implemented groundbreaking innovations for medical students including brief universal mental health screenings. She also served as chair of the leading national group on medical student well-being. In 2021, she was asked to expand her work to serve the nearly 8000 faculty, staff, and learners at Keck. She now runs a sweeping strategic plan for institution-wide well-being, manages a national listserv for more than 400 well-being professionals, and is a frequently invited speaker on topics including self-compassion, healthy leadership, and how to tackle organizational sources of burnout.

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