



Fall Think Tank 2025

# SPEAKER BIOS

## Chair



### Wendy Lynch, PhD

Senior Education Fellow, HERO

**Wendy Lynch, PhD** has dedicated almost 40 years to bridging the gap between complex analytics and business impact. As a respected educator, researcher, and consultant, she has built her career around the science and art of analytic translation—helping organizations convert data into decisions and market success.

Dr. Lynch has held faculty positions at the University of Colorado Health Sciences Center and as an Associate Professor (Adjunct) at IUPUI. She has also served as Vice President of Strategic Development at HCMS Group, Principal at Mercer Human Resource Consulting, and has sat on the boards of several companies. As a consultant, she has advised numerous Fortune 100 firms, applying her expertise in human capital management and corporate health analytics.

Her career has spanned diverse environments—from digital start-ups to academic medical centers and boardrooms—deepening her understanding of the unique language and priorities of both business and analytic teams. That journey led to her latest book and online course, *Become an Analytic Translator*, designed to equip professionals to bridge the persistent gap between data science and decision-making.

## Host



### Karen Moseley

President & CEO, 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 non-profit 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.

## **Diane Bergeron, PhD, PT**

Senior Research Scientist, Center for Creative Leadership



**Diane Bergeron, PhD** is a social-organizational psychologist with over 20 years of experience. As a Senior Research Scientist at the Center for Creative Leadership (CCL; a global leadership development nonprofit located in Greensboro, NC), Diane conducts research and provides subject matter expertise in the following areas: grief and bereavement in the workplace; women's career advancement and the gendered assessment of workplace helping behaviors; and leader listening behaviors and employee voice. Diane's research has won awards and has been published in practitioner publications and leading academic journals. She has presented extensively at academic conferences and has been a repeat guest on the Sound of Ideas (NPR affiliate), a keynote speaker, a panelist on the topic of gender equity in the workplace, and had her work on 'organizational wives' profiled on Forbes.com. In her former life, Diane was a business school professor at a research university, worked for a consulting firm in New York City and at Pfizer, Inc., and spent two years volunteering in the Dominican Republic. She was denied tenure because she went on a 2-year sailing adventure through the Caribbean with her family. She has no regrets. She earned her Ph.D. at Columbia University.

## **Sonya Looney, MS, MAPP, NBC-HWC**

Performance Coach, Research-Practitioner, Keynote Speaker,  
Grow the Good Institute



**Sonya Looney** is a World Champion endurance athlete, keynote speaker, and research-practitioner specializing in sustainable high performance and well-being. She is the founder of Grow the Good Institute, where she helps high achievers—from athletes to executives—build resilience, clarity, and purpose through evidence-based strategies grounded in positive psychology research.

Sonya holds a Master of Applied Positive Psychology (MAPP) from the University of Pennsylvania, where she received the Award of Distinction for her capstone research on meaningful accomplishment, perfectionism, and purposeful striving. Her research contributes to the growing understanding of how goal pursuit can support psychological well-being rather than undermine it. She also holds an MS in Electrical Engineering with a neuroscience focus from CU Boulder and is a National Board Certified Health and Wellness Coach (NBC-HWC).

As a member of the MAPP instructor team at the University of Pennsylvania, Sonya bridges the gap between academic research and practical application.

## Rita Patel, MPH, CWWPM

Senior Health Strategist, Hylant



With over 30 years of experience as an artist, designer, and public health consultant, **Rita Patel** specializes in crafting well-being strategies that connect human narratives to organizational goals. At Hylant, she partners with clients to develop customized approaches that address the unique needs of their workforce, aligning business priorities with employee health and culture.

Rita's background combines quantitative analysis with creative insight—she sees patterns both in data and in human stories. This dual perspective allows her to design wellness programs that are not only evidence-based but also deeply relational and engaging. Her work spans healthcare, public health, community health, and workplace well-being, focusing on leadership development, program design, and visual communication.

Rita has an MPH in Effectiveness and Outcomes Research focusing on measuring quality of life. Rita also is trained in Narrative Medicine, Trend Forecasting, Enchantivism (storytelling for transformation), Health Coaching, Fitness Training, Conversational Leadership, and Creative Problem Solving. Her collaborative, inventive approach helps organizations build stronger connections and more supportive cultures, ultimately enhancing employee well-being and organizational effectiveness.