

# SPEAKERS & PANELISTS:



**Steve Karlin** joined the KCCI team in 1989 and anchors the 5 p.m., 6 p.m. and 10 p.m. broadcasts. Steve has won many awards for his anchoring and reporting from the Associated Press and the Iowa Broadcast News Association. Steve received a National Edward R. Murrow Award for best feature story in 2007, three regional Murrow Awards for feature reporting and three regional Emmys for best newscast anchoring. Steve is a graduate of Iowa State University, but he grew up in Iowa City and is still a diehard Hawkeyes fan. Steve lives in Des Moines with his wife, two college-aged daughters and two dogs.



**Lyndsey (Medders) Fennelly** is a sports enthusiast, entrepreneur, and former Iowa State women's basketball player. She has trained more than 40,000 athletes in 15 years for basketball and is the co-owner of CampusCycle, a beat driven spin studio with locations in Ames and Ankeny. Lyndsey also serves as a color analyst for the ISU women's basketball team. Lyndsey is a passionate advocate for mental health as someone who battles the illness daily. She is married to ISU women's basketball assistant coach, Billy Fennelly, and they two have two children.



**Lydia Caraveo** has been in her current role as the Wellness Program Manager for Grinnell Mutual since 2016. She manages the comprehensive, employee wellness program, WELL FOR TOMORROW. During her time at Grinnell Mutual she has implemented strategies to enhance the already established wellness culture to include wellness ambassadors, annual wellness events, and wellness spot awards. Lydia earned her B.A. from the University of Iowa and went on to pursue and graduate with her M.S. in Health Promotion Management from American University in Washington, D.C.



**Tammy Hoyman, LISW**, serves as the Chief Executive Officer of Employee & Family Resources. In this role, she is responsible for managing operations and setting the strategic direction for EFR, a \$6 million dollar private non-profit organization in Des Moines. EFR provides a variety of supportive services including counseling and prevention programs, substance abuse evaluations, and employee assistance services to over 700 companies nationwide. Tammy joined EFR in 1996 and become the first female CEO in 2009. Tammy holds Bachelor's and Master's degrees in social work from the University of Iowa.



**Elizabeth Nigut, J.D.** is the Senior Vice President, Chief Human Resource Officer at EMC Insurance Companies. She is responsible for creating people strategies aligned to achieve business results. Prior to working at EMC, she served as the general counsel for the Des Moines Independent Community School District and worked in private practice. She currently sits on the Board of Directors for Iowa State Bank, and Please Pass the Love, a non-profit organization focused on mental health and wellness in schools. Elizabeth received her B.A. from Simpson College, and her J.D. from Drake University.



**Bradley K. Arends, J.D.** is the co-founder and Chief Executive Officer of intelligents and intelligents investment solutions. He has worked in the ERISA and investment areas for more than 30 years, concentrating on the design, communication and funding of defined contribution plans, IRC Section 125 flexible benefits plans, defined contribution health insurance approaches, private health insurance exchanges, health savings accounts, and executive compensation programs. Brad graduated from Washington University School of Law with an emphasis in tax.



**Julie Eggleston** is Vice President – Human Resources Operations at Bankers Trust. She leads strategy for the bank's Human Resources centers of expertise, including recruitment, benefits and wellness, training, workforce planning, compliance, and HR systems. Julie earned her B.A. from the University of Wisconsin and an MBA from the University of Iowa. She also holds several professional certifications: Professional in Human Resources (PHR), Society of Human Resources Management Certified Professional (SHRM-CP), Certified Compensation Professional (CCP), and Strategic Workforce Planning (SWP).



**Carlos Navarro** is Director of Marketing in the Workplace Investor segment of the Retirement and Investor Services division for the Principal Financial Group®. In his role, Carlos and his team are responsible for the creation, communication, and implementation of marketing engagement strategies and customer experience initiatives for individuals who are eligible for or participating in their employer's retirement plans. A native of New Orleans, Carlos received his B.S. from Tulane University and his MBA in Marketing and International Business from Loyola University in New Orleans.



**Pleasure Allen** is a seasoned human resources professional with a focus on the Human Capital (P&C) discipline. Pleasure's ability to blend her skills, knowledge and experience with a genuine passion for people makes her an effective and respected leader who shows up with determination, collaboration, conviction and care. Pleasure has a passion to further educate and integrate best practices into human resource programs. Pleasure holds a Master's in Business Leadership & Organizational Development, and is completing her dissertation for her Doctorate of Education (Ed.D) in Organizational Leadership.

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**Tanya Fish's** work at ITA Group centers on creating employee experience solutions at the workplace that inspire and engage people in being their best. She loves inspiring passion in people, something she believes impacts the individual, the organization and the community. Tanya's past experience in corporate health screenings, corporate fitness center management, employee health consulting and employee engagement consulting guides her unique perspective on driving organizational health and success. Tanya has her M.S. in Organizational Leadership and her BS in Biology and Athletic Training.



**Kelly Hansen** has served as the General Manager of Poet Biorefining-Hanlontown since September 2008. Kelly is an Idaho native with degrees in Business and Architecture from the University of Utah. Prior to coming to Iowa, he collected nearly two decades of experience in advanced manufacturing primarily with Newell-Rubbermaid in several states. Poet Biorefining-Hanlontown was a 2019 Healthiest State Annual Workplace Award winner for their achievements in workplace health and wellness. Poet is also a sponsor of the HEALTHY-Mason City initiative.



**Maggie Gardner** has been employed at Gundersen Palmer since 2009. In that 10 years she has worked in the home medical equipment department. In January 2018, Maggie joined the Gundersen Palmer Wellness Committee and in May of 2018 became a Certified Workplace Wellness Specialist. It has always been a dream for her to branch out and have a global and positive influence with her co-workers, in her current department and throughout the hospital. As an enthusiastic yoga practitioner Maggie feels the benefits of physical and mental wellness are invaluable.



**Melanie Martin** has worked at Gundersen Palmer since 2007 as a Certified Athletic Trainer and in 2017 transitioned to help with Community Outreach. She became certified as a Workplace Wellness Specialist in May of 2018 by the National Wellness Institute and has been on the staff wellness committee since it formed in 2017. With the rest of the wellness committee, Melanie was able to launch new wellness programs and relaunch some old favorites at both the hospital and clinics.



**Annie Brandt** is a Senior Vice President and Market Manager for the Market President Office within Bank of America. Annie is responsible for the development and execution of the market plan, designed to drive revenue growth, employee engagement, and corporate reputation. She also leads business integration efforts by facilitating connections between teammates and driving discipline around routines. In addition, she oversees community partnerships, sponsorships, and philanthropy in Iowa. Annie received a B.S. from Iowa State University. She is also a graduate of the Greater Des Moines Leadership Institute.



**Emily Schmitt, J.D.** is in the third generation of family active in Sukup Manufacturing Co., the largest family-owned, full-line grain drying and storage equipment manufacturer in the country. Emily earned a bachelor's degree from Iowa State University, and went on to earn a J.D. from the University of Iowa. As general counsel for Sukup, she manages a wide variety of legal issues including intellectual property, litigation, public policy, and human resources. Emily was recently appointed to the Empower Rural Iowa Taskforce by the Governor, and she has been named as one of Business Record's 40 Under 40.



**Nina Richtman** is a scientist, turned educator, who works at Corteva Agriscience in Learning and Development. She is the founder and co-chair of the Corteva Disability Awareness Business Resource Group and is passionate advocate for mental health and disability rights both at work and in the community. She serves on the NAMI (National Alliance on Mental Health) Iowa Advocacy Committee amplifying the voices of individuals and families impacted by mental illness.



**Jodi Schweiger, RD, LD, CDE,** serves as the Employer Health Services Director at The Iowa Clinic. Jodi is passionate about all things health-related and believes preventative healthcare is crucial for disease prevention and early detection. With a background as a registered dietitian, certified diabetes educator, and health coach, Jodi brings extensive knowledge in a variety of wellness services including diabetes education, weight management, biometric screenings, onsite clinics and program development. She has been instrumental in development and growth of The Iowa Clinic's Executive Health Program.



**Gina Skinner-Thebo** is the HR Manager at Tone's Spices in Ankeny, where she leads a team of human resources professionals. Gina founded the Atwood Center for Women, an organization geared toward serving women in our community. Gina's mission is to end isolation and self-doubt by creating safe spaces where women come together and build relationships. Gina is a state wide spokesperson for NAMI (National Alliance on Mental Health). She was a 2019 Des Moines Business Record Forty Under 40 and is a finalist for the Inspiring Women of Iowa Courage Award.