

## **Jessica Grossmeier, PhD, MPH – Biographies**

### **Byline**

Jessica Grossmeier, PhD, MPH is an award-winning researcher and the author of *Reimagining Workplace Well-being*. She is a leading voice in workplace well-being, having dedicated her career to identifying evidence-based strategies that promote a thriving workforce. Jessica currently works with employers and well-being service providers to identify evidence-based practices to support employee well-being and foster a culture of health.

### **Short Biography**

Jessica Grossmeier, PhD, MPH is an award-winning researcher and the author of *Reimagining Workplace Well-being: Fostering a Culture of Purpose, Connection, and Transcendence*. She is a leading voice in workplace well-being, having dedicated her career to identifying evidence-based strategies that promote a thriving workforce. This includes conducting collaborative research, advising, writing, and speaking on topics related to workplace well-being best practices, measurement and evaluation, strategic planning, and value demonstration. Jessica is a frequent speaker at national conferences and serves on several advisory boards devoted to helping employers create a workplace culture that fosters employee well-being.

### **Traditional Biography**

Jessica Grossmeier, PhD, MPH is an award-winning researcher and the author of *Reimagining Workplace Well-being: Fostering a Culture of Purpose, Connection, and Transcendence*. She is a leading voice in workplace well-being, having dedicated her career to identifying evidence-based strategies that promote a thriving workforce.

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Jessica has published more than 80 articles in professional journals and served as co-editor of *The Art of Health Promotion* section in the *American Journal of Health Promotion*. She frequently presents at industry conferences, events, and webinars and has served as a judge for national well-being award programs including the C. Everett Koop National Health Award.

## Full Biography

Jessica Grossmeier, PhD, MPH is an award-winning researcher and the author of *Reimagining Workplace Well-being: Fostering a Culture of Purpose, Connection, and Transcendence*. She is a leading voice in workplace well-being, having dedicated her career to identifying evidence-based strategies that promote a thriving workforce.

Jessica works with employers and well-being service providers to identify evidence-based practices to support employee well-being and foster a culture of health. This includes collaborative research, advising, writing, and speaking on topics related to workplace well-being best practices, measurement/evaluation, strategic planning, and value demonstration.

In her previous work as an outcomes researcher, she executed research studies demonstrating health and financial outcomes for workplace well-being programs sponsored by large national employers. Her more recent research has focused on identifying best practice approaches to superior health and business outcomes. Many of these studies have been published in peer-review professional journals.

Jessica has published more than 80 articles in professional journals and served as co-editor of *The Art of Health Promotion* section in the *American Journal of Health Promotion*. She frequently presents at industry conferences, events, and webinars and has served as a judge for national well-being award programs including the C. Everett Koop National Health Award.

Jessica received doctoral and master's degrees in public health, with an emphasis on community health education. She currently lives in the San Francisco Bay Area and enjoys hiking, yoga, reading, art gallery crawls, wine tasting, and travel that allows her to combine those interests.

For more information, visit [www.jessicagrossmeier.com](http://www.jessicagrossmeier.com)

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