

# Jennifer A. Geist, M.S.

## **Home Address**

143 Long Bow Drive  
Madison, AL 35758  
(256) 464-5672

## **Office Address**

300 Sparkman Drive  
Huntsville, AL 35807  
(256) 726-1425

## **EDUCATION**

M.S. – Behavior Analysis and Therapy, 1994  
Southern Illinois University at Carbondale; Carbondale, IL

B. A. – Psychology, 1992  
University of Wisconsin at Eau Claire; Eau Claire, WI

## **PROFESSIONAL EXPERIENCE**

Jan. 2006 – present      **WELLNESS MANAGER**  
Teledyne Brown Engineering, Huntsville, AL

Responsible for all operations of employee wellness program for 1,700 employees throughout the U.S. Responsibilities include wellness program development and design, marketing, implementation and evaluation. Other responsibilities include overseeing employee medical clinic, worker's compensation, and on-site fitness center.

Aug. 1997 – Dec. 2005      **WELLNESS SERVICES COORDINATOR**  
HealthGroup of Alabama, Huntsville, AL.

Responsible for all operations of corporate wellness services department including budgets, capital expenditures, marketing, personnel, program development and implementation. Coordinated and provided health screenings, educational classes, and wellness programs to over 450 companies in North Alabama.

Nov. 1995 – April 1997      **WELLNESS COORDINATOR**  
Cleveland State University, Cleveland, OH

Coordinated university student Wellness Program. Planned, implemented and evaluated campus-wide educational programs. Developed and supervised undergraduate Peer Education Program. Trained and supervised Resident Assistants in wellness programming. Participated in orientation programming for new students. Designed and produced educational materials and publications. Provided university service through committee contributions. Served as a referral resource to campus and community.

May 1995 – Nov. 1995      **NURTURING PROGRAM COORDINATOR**  
Licking County Dept. of Human Services, Newark, OH

Coordinated the Nurturing Program, a home- and group-based parenting program, designed to prevent and treat child abuse and neglect. Provided in-home parent training. Facilitated 14-week parenting educational and support groups. Trained and supervised home-based parenting skills educators.

July 1994 – Mar. 1995

**WELLNESS DIRECTOR**

Synergy Wellness Center, Delaware, OH

Responsible for the design, implementation, promotion and evaluation of a new Wellness Center. Provided smoking cessation and stress management counseling to individual clients. Provided behavior modification as a component of client's weight management program. Selected, trained and supervised clinical and counseling staff. Organized and conducted health screenings, health fairs and workshops in the community. Created and published a health and wellness newsletter.

**CERTIFICATIONS**

Wellness Program Manager, National Wellness Institute,  
Wellness Program Coordinator, National Wellness Institute  
Well Workplace University, Wellness Council of America  
Essentials of Human Resource Management, Society for Human Resource Management  
Occupational Hearing Conservationist, Council for Accreditation in Occupational Hearing Conservation  
First Aid, CPR and AED, American Red Cross

**PROFESSIONAL MEMBERSHIPS**

National Wellness Institute  
Wellness Council of America  
North Alabama Society for Human Resource Management

**VOLUNTEER ACTIVITIES**

American Cancer Society's Relay for Life – Coordinated corporate teams in 2006 & 2007  
American Cancer Society Smoke-free Alabama Ambassador – 2007  
American Red Cross Health and Safety Services Committee Member – 2006 – 2008  
Juvenile Diabetes Research Foundation (JDRF) Walk – Coordinated corporate teams in 2006 & 2007  
Junior Achievement JA-in-a-Day volunteer – 2006  
Panoply – volunteer 2006

**SELECTED PRESENTATIONS AND STAFF TRAINING**

Wellness Program Evaluation – webinar presentation for the American Cancer Society's Wellness at Work Program, June 3, 2009.

Wellness Programs: Critical for Recruitment and Retention – presentation given at the North Alabama Society of Human Resource Managers, Huntsville, AL. March 11, 2008.

Employer Best Practices: Tobacco-free Workplace – presentation given at the Tobacco in the Workplace: An Employer’s Perspective Workshop sponsored by the American Cancer Society and the University of Alabama’s Office of Health Promotion and Wellness, Tuscaloosa, AL, February 22, 2008.

Assessing the Wellness Needs of Your Company and Your Employees – presentation given at the Alabama Healthy Worksites Workshop, Montgomery, AL. June 6, 2007.

Going for the Gold at Teledyne Brown Engineering – presentation given at the 2007 Governor’s Conference on Obesity Pre-conference Workshop, Tuscaloosa, AL. May 3, 2007.

Lifestyle Choices: The Teledyne Brown Experience – presentation given at the 2006 Alabama Society for Human Resource Management annual state conference, Birmingham, AL. May 17, 2006

Stress Management in the Workplace – presentation given at the 2006 Huntsville Hospital Wellness Conference: Energize Your Life, Huntsville, AL. January 20, 2006.

Return on Investment for Employee Wellness Programs: Worth Every Dollar You Spend - presentation given at the 4<sup>th</sup> Annual Occupational Health, Safety and Worker’s Compensation Seminar, Huntsville, AL. April 17, 2002

Stress Management in the Workplace - presentation given at the 3<sup>rd</sup> Annual Environmental, Occupational Health, Safety and Worker’s Compensation Seminar, Huntsville, AL. April 18, 2001

Stress Management in the Workplace - presentation given at the 2<sup>nd</sup> Annual Occupational Medicine and Worker’s Compensation Seminar, Huntsville, AL. April 13, 2000.

Stress and Your Heart - staff training and development seminar presented at the Understanding and Managing Cardiac Disease Conference, Huntsville, AL. November 7, 1998.

Employee Wellness Programs: Should Your Company Implement One? - co-presentation at the North Alabama Business Group on Health’s 10<sup>th</sup> Annual Managed Care Seminar, Huntsville, AL. Co-presented with Yvonne Chesley, President & CEO for Gordian Health Solutions. November 3, 1998.

Learning to Reduce Stress & Manage Time - seminar presented at the North Alabama Dietetic Association, Huntsville, AL. September 8, 1998.

Stress Management – a workshop focusing on the successful management of stress for student leaders as part of a Leadership Conference at Case Western Reserve University, Cleveland, OH. March 1, 1997.

Mission Possible: Resident Assistant Training – coordinated a 2-week training for Cleveland State University Resident Assistants. Responsible for providing training in wellness programming, team building, and stress management, Cleveland, OH. August 1996.

De-Stress, Not Distress – a workshop focusing on stress management techniques for student leaders as part of the LeaderQuest Conference at Cleveland State University, Cleveland, OH. April 13, 1996.

Battling Stress and Burnout in the Workplace – a one-day workshop for Ohio Wesleyan University Staff Training and Development focusing on ways to handle stress and burnout on the job, energy revitalization and relaxation training, Delaware, OH. November 22, 1994

