Tell us a little about what you do at Emory?
I oversee the Operations Team and the Administrative Support Staff for the School of Nursing. I’m sort of like the Cruise Director at the school. My role is to aid in creating an ideal academic environment for faculty, staff, and students by maintaining our buildings and physical environments as well as supervising, training, and coaching our support staff.

What do you enjoy most about being a wellness champion?
Getting to know our faculty and staff and learning what their health and wellness goals are. It’s exciting to help create different initiatives that cater to all levels of well-being.

What wellness program/activity are you most proud of?
Our annual Stair Challenge that takes place each year in February. It is really fun to see so many people participate in this challenge and watch as others encourage one another to take the stairs and get active. People really love finding the golden tickets we hide in the stairwells each day. It’s a badge of honor at the School of Nursing!

What would you say to encourage others to be a wellness champion?
When you feel well you work well. This is both in the physical sense and mental sense. I get just as much out of seeing others be active and as I do pushing myself. It’s truly motivational to know that you are making a difference within your own community. Every time another individual thanks for my wellness related efforts it keeps me pushing to stay engaged and focused.

How do you foster your own personal wellness?
I make sure I take the stairs every chance I can, I schedule walking meetings for my 1:1’s, I always keep an eye on steps and my activity rings throughout the day to keep me going.

What do you like to do in your time outside of Emory?
I enjoy cooking, hiking, reading, family time, and being active in our gorgeous southern weather.