

Pamela Somerset

Human Resources Associate , Winship Cancer Institute

Tell us a little about what you do at Emory?

As a human resources representative for Winship Cancer Institute, my job involves a broad range of human resources responsibilities including staffing and recruiting, employee relations, and managing the administration of policies and procedures.

What do you enjoy most about being a wellness champion?

Being a wellness champion enables me to provide information to staff who may have missed important communications from Healthy Emory about programs and resources. I've been told if I send an email, then that means they should pay attention. 😊

What wellness program/activity are you most proud of?

Over the last five years, the most successful activity at Winship has been the National Walking Day events held each year in April. Employees look forward to this event as it allows them to start their spring fitness goals with coworkers.

What would you say to encourage others to be a wellness champion?

Being a wellness champion is a rewarding experience! The monthly calls and annual meetings are a great way to meet others at Emory and allow us to exchange ideas to implement within our areas of responsibility. Remember: the information you provide to others are helping them to achieve their optimal health.

How do you foster your own personal wellness?

I have a five day fitness goal but am most happy when I achieve six days of fitness.

What do you like to do in your time outside of Emory?

I love to attend cultural events, concerts, and read mostly fiction novels and biographies.

