

Maya Thompson

Corporate Wellness Director

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 Chicago, IL

Education

- ◆ **Master of Public Health (MPH)**
University of Illinois at Chicago | Chicago, IL | 2013
- ◆ **Bachelor of Science in Kinesiology**
Michigan State University | East Lansing, MI | 2010

Certifications

- Certified Corporate Wellness Specialist (CCWS) – 2023
- Mental Health First Aid USA – 2022

Additional Information

- Speaker at 2025 Midwest Corporate Wellness Summit
- Volunteer Health Educator with Chicago Youth Health Alliance

Skills

- | | |
|---------------------------------|--------|
| • Health program design | Expert |
| • Corporate wellness compliance | Expert |
| • Data analytics & reporting | Expert |
| • Budget planning | Expert |
| • Vendor negotiation | Expert |
| • Team leadership | Expert |
| • Behavior change strategies | Expert |
| • DEI initiatives in wellness | Expert |

Professional summary

Experienced wellness leader with over 11 years designing and managing corporate health initiatives. Skilled in program development, data-driven strategy, and cross-departmental collaboration. Known for driving measurable outcomes in employee engagement and well-being.

Experience

◆ 2019 - Now

Corporate Wellness Director

Medline Industries / Northfield, IL

- Launched a company-wide corporate wellness strategy tailored to five distinct business units, leading to a 38% increase in employee participation within the first year and significant improvements in health KPIs.
- Oversee an annual wellness budget of \$1.2M, negotiate vendor agreements, and introduce more cost-effective wellness technology platforms, saving over \$220K in two fiscal years.
- Introduced and scaled a hybrid telewellness offering during the COVID-19 pandemic, achieving a 95% engagement rate among remote and hybrid employees.
- Work cross-functionally with HR, Benefits, and DEI leadership to roll out culturally responsive wellness campaigns that resonated with diverse and multilingual workforce populations.

◆ 2014 - 2019

Wellness Program Manager

Walgreens Boots Alliance / Deerfield, IL

- Managed large-scale wellness programming for 8,000+ employees, including biometric screenings, health risk assessments, and customized fitness incentive programs.
- Utilized aggregate health data to design individualized coaching paths, contributing to a 7% reduction in employee BMI and decreased incidence of chronic illness indicators.
- Organized quarterly engagement surveys and compiled data into actionable insights that directly informed mental health benefit restructuring in 2018.
- Supported management training on employee burnout, increasing supervisor awareness and referral of at-risk staff to support services.