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Joel Bennett, Ph.D. is President of Organizational Wellness & Learning Systems (OWLS), a consulting firm that specializes in evidence-based wellness technologies to promote organizational health and employee well-being. Dr. Bennett first delivered stress management programming in 1985 and OWLS programs have since reached over 250,000 workers across the United States and internationally. He is the author of 50 peer-reviewed research articles and chapter and has authored/co-authored six books, including *Raw Coping Power*, *Heart-Centered Leadership*, *Time & Intimacy*, as well as *Preventing Workplace Substance Abuse*, *Well-Being Champions: A Competency-Based Guidebook* and *Your Best Self at Work*. In 2008, he was acknowledged with the Service Leadership award from the National Wellness Institute. Dr. Bennett served on the Board of Directors for the National Wellness Institute (2015-2018), as an advisor on the It's Time Texas, Work Healthier Advisory Committee (2015), and an invited guest at the 2015 Global Wellness Institute's "Redefining Workplace Wellness" Roundtable. In 2019, Dr. Bennett was an invited speaker to the International Foundation Executive Committee meeting on the topic of "Mental Health in the Workplace." In 2022, Dr. Bennett received the William B. Baun Lifetime Achievement Award for his leadership and service to the professional field of wellness from the National Wellness Institute. He also received the Positive Leadership Award from the Positive Leadership Institute for his work providing positive leadership to his organization (OWLS).