

**Alicia Braswell, Senior Manager, Benefits Team, Asurion**

Alicia Braswell is a Sr. Manager on the Benefits Team at Asurion. In her current role, Alicia focuses on creating an exceptional employee experience for over 16,000 employees nationwide. Alicia develops the strategy and drives the implementation of innovative wellbeing and benefits solutions that will empower employees to live their best lives physically, financially, socially, and emotionally.

**Ashley Brooke James and Elizabeth Moore, Co-Founders of TRILUNA**

TRILUNA is a stress management company dedicated to reducing burnout and increasing conversation around mental health. Co-Founders Elizabeth and Ashley each left their careers burned out and seeking a better way. Through their individual journeys they each came to the conclusion that in order for work to work it would need an overhaul. After health coaching and yoga certifications, self-study, and three years of running workshops for companies as large as LinkedIn and as small as local yoga studios they've developed a program that helps organizations keep their teams productive, connected, and well.

Today, they're proud to say that TRILUNA is a local leader in helping individuals and organizations rethink their approach to stress and burnout and you'll often find them leading workshops, hosting festivals, speaking at conferences, and executing panels on everything from purpose and productivity to self-care for better mental health.

**Jacque Smith, Founder of Little Adapts By Jax Ltd, Holistic Nutrition + Fitness Coach**

Jacque Smith is a certified integrative nutrition health coach from IIN and a fitness instructor specializing in barre, yoga, and pre/postnatal workouts. She is also an avid athlete having completed 9 half marathons, 2 marathons and a triathlon. She found her passion for health and wellness in 2013 when she started experimenting with natural foods and remedies to heal herself from cystic acne, horrible digestion and overall exhaustion caused by stress and corporate travel. Her philosophy of "little adapts" allows her clients to gradually instill small, positive changes to create a sustainable lifestyle through a mostly plant-based diet, daily movement, and mental wellness.

Previously, she was the on-site nutrition coach and launched the barre program at WeWork's Wellness Center, Rise By We. Her clients include PWC, NBA, Women's Health, Core Club, and the Four Seasons among many others and she has been featured in Authority Magazine as an influential woman in wellness. You can learn more about her "little adapts" on her app, [Little Adapts By Jax](#).