



Laura Carter

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Laura Carter leads the benefits, wellness and disability management program at the Healthcare of Ontario Pension Plan. She is a Certified Employee Benefits Specialist® (CEBS®) and has worked in the total rewards space for 20 years, initially starting her career in corporate health and wellness. Having completed a degree in psychology at Bishop's University, Laura has always had a particular interest in mental health. She is energized by the opportunities to both drive business outcomes and bolster corporate culture by building psychologically safe workplaces.