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Irene is a financial wellness and defined contribution consultant in Eckler's investment practice, bringing over 15 years of experience in investment research, capital accumulation plan (CAP) consulting, and financial wellness solutions. She joined Eckler in 2022 and plays a key role in helping members improve their financial literacy, confidence, and long-term financial outcomes. In her current role, Irene advises a diverse range of clients across various sectors and plan sizes on their DC pension plans, group savings strategies, and holistic financial wellness programs. Her work spans governance, investment strategy, plan design, and record keeper selection, but her true passion lies in empowering organizations and their members to make better financial decisions and achieve greater financial security. A core contributor to Eckler's financial wellness offering, Irene delivers training and support for the Guided Outcomes (GO) Financial Planning platform. As a knowledgeable and engaging presenter, she guides plan sponsors, advisors, and users through the platform, explaining the underlying mechanics, data flows, and actionable insights that drive outcomes. Her process-oriented mindset and attention to detail ensure every training session is clear, practical, and tailored to the audience. Irene holds a master of finance degree from the Smith School of Business at Queen's University and a bachelor of arts degree in economics and finance from the University of Waterloo.