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Julia A. Nicholson is the principal of J | N Consulting. She provides various services, including facilitating discussions on board governance, strategic planning, pension and health plan benefit design, administration, and operations as well as performance evaluations of boards and executives of pension and health and welfare benefit plans across the country. In addition, she is an adjunct professor in the School of Business at William Jessup University. Most recently, Nicholson served as the chief executive officer of the Motion Picture Industry Pension and Health Plans, overseeing approximately \$9 billion in assets and a staff of 250 in the administration of retirement and health plan benefits for over 200,000 participants working in the entertainment industry. She has over 25 years of experience in the fields of executive leadership, employee benefits consulting, administration, operations, and human resources. Nicholson is an instructor for the International Foundation of Employee Benefit Plans Certificate of Achievement in Public Plan Policy (CAPPP®), the Trustees Masters Program (TMP®), and the Advanced Trustees and Administrators Institute, and she is also a former member of the International Foundation's Actuaries/Consultants Committee. Nicholson is a TEDx and keynote speaker and an award-winning author of the bestselling book, *Move Forward Stronger: A Dynamic Framework to Process Change, Loss, and Grief*. Nicholson graduated summa cum laude from the University of Missouri with a B.S. degree in business administration with majors in finance and management and organizational behavior. She earned her M.B.A. degree from the University of Denver.