



Chase Sterling, MA, CWP

**Founder and Lead Consultant
Wellbeing Think Tank
HHP Cultures
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Chase Sterling has dedicated her career to improving individual and organizational wellbeing in the workplace. With over 20 years of experience, Chase brings passion combined with evidence-based expertise. Dedicated to the mission of improving workplaces, Chase founded the Wellbeing Think Tank, which provides educational events on workplace wellbeing. Additionally, Chase partners with organizations to drive employee engagement through wellbeing at HHP Cultures. She has held leadership, consultant and educator roles at a variety of organizations, including Cigna, Wounded Warrior Project, Google, The Partners Group and the University of Dayton. Chase has been published in The American Journal of Health Promotion and serves on the Physical Activity Policy Research and Evaluation Network (PAPREN) worksite work group. She holds numerous certifications, including Certified Wellness Practitioner (CWP) from the National Wellness Institute, and is faculty at the Wellness Council of America. Chase holds a B.S. degree in exercise science and health psychology and an M.A. degree in industrial/ organizational psychology with a concentration in occupational health psychology. Chase is also a veteran, having served seven years in the Army.