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Christina (Chris) Torizzo, M.P.H., CPC, is a seasoned leader in organizational and employee well-being, with over 20 years of experience driving impactful health strategies. Chris is a senior lead consultant at Kaiser Permanente and has also held roles as a senior mental health, addiction care & EAP consultant and senior workforce health consultant, where she has consistently tailored solutions to meet the evolving mental health and wellness needs of diverse organizations. She is an experienced presenter, speaking at local, national, and community levels on topics such as psychological safety, burnout prevention, and fostering a culture of well-being. Prior to joining Kaiser Permanente, Chris led workforce health initiatives and professional development programs at the Colorado Department of Public Health and Environment, supporting businesses across the state. She holds a master of public health degree and is a certified professional mindset and life coach. Her expertise spans employee engagement, mental health and emotional resilience, and strategic health planning, making her a trusted advisor in advancing holistic workplace well-being.