

## Strategic Planning & Corporate Wellness Programs



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### *Summary*

- *37 years of experience in consulting*
- *Combined scientific/engineering technical expertise, extensive staff/client management experience and business operations knowledge*
- *Excellent background of public/private sector experience*
- *Collaborative and highly adept at building and maintaining effective working relationships, high level of professionalism*
- *Recognized leader within the community and industry, strategic thinker*
- *Quick learning, hard-working, energetic, resourceful, and goal-oriented individual*
- *Presenter and motivational speaker*

*Thank you for visiting my website. I am the owner of MJK Strategies, LLC, a firm dedicated to businesses striving to improve strategy, culture, and wellbeing, aligning these three critical pieces as the trinity of human factors, and ensuring the business executes direct practices to improve its bottom line and realize its vision, mission, and potential.*

*I come from many years in the science, engineering and health and safety industry, managing the operations and business processes of a 1500-person, 40 office, \$250M, multi-disciplined engineering, environmental, and health and safety services firm. I was the sole senior technical female on the executive team, exceeding KPIs in many operational areas, including, but not limited to, growth, profitability, business development initiatives, staff retention, deliverable quality, client satisfaction, employee health, safety, and wellness, and project management performance while implementing technology driven applications within each functional area. I've had the opportunity to successfully manage some of the best multi-disciplined large projects and technical teams in the United States. I also had the tremendous opportunity to work as a Senior Project Manager for the New York State Office of General Services Design and Construction Team managing large state infrastructure projects from concept through construction.*

*I've learned a number of major lessons throughout my career that I bring to MJK Strategies, LLC: 1)Just about every project impacts the community in a some way and that can be a very positive message and have many angles 2)Client service is utmost in guiding principles 3)Successful businesses are those healthy in all facets of the business 4)Although businesses have to focus on ROI, when you do right by your people, your people will do right by you. Spend the time to put people in the "right seat on the bus" and support them in that seat. Your people are your No. 1 asset so invest in, recognize, and care for that most important asset.*

*There's never been a more important time than now to focus on overall company health and wellness from a business and employee perspective. Look at your operations and processes internally and externally; look at your people and manage your resources effectively. Find the right cultural fit and promote it. This will result in a healthy, thriving, resilient business. It's not easy work, but so effective. I have the full operational business experience to help you through this process and can show you how to focus on your people as long as you're open to leading with emotional intelligence.*

*Personally, I'm into a lifestyle of total well-being, mental and physical well-being, and a philosophy that believes in balancing the four elements of eat, sweat, think, and connect. That simply means keeping your brain actively engaged in reaching your goals, surrounding yourself with people who have the same value system as you and support you in your goals and vice versa, and staying mentally and physically healthy. This "lifestyle" if you will has motivated me in both my professional and personal life, and I'm ridiculously passionate about it. You will see my passion come through as I work with you. Corporate wellness programs are amazingly successful with so many ROIs. I can show you how this can work to bring success and resiliency to your business.*

*I've been honored with awards throughout the years such as the New York State Capital Region Chamber of Commerce Woman of Excellence in Business Award and Albany Biz Journal Forty Under Forty Award and am a Dale Carnegie and Capital Leadership Program graduate. I'm very involved in my community as a judge for the Future Cities Competition Program, on the Execute Committee for the American Diabetes Association, as a panelist, mentor, and member for several different Women's Leadership Programs, and as a wellness program coach.*