

# energy for life



GOOD WORK. GOOD LIFE. GOOD HANDS!



Tom Broslawsky

**Tom Broslawsky** is a Senior Performance Coach for *Energy for Life*. Tom's main responsibilities include building a team of Energy Management Advocates to facilitate the integration of Energy Management principles across the organization, leading measurement efforts to show the behavioral change and business impact of all EFL initiatives, and increasing the reach and impact of EFL in the Agency Owner community.

Before joining Allstate, Tom owned and operated Managing thru Measurement, LLC and previously worked as an Executive Pharmaceutical Sales Consultant and Product Sales Trainer for over 20 years. Prior to that he was a Senior Industrial Engineer with a focus on Process and Quality Engineering in the US Textile Industry.

Tom enjoys International travel, hiking, tennis, working out, reading and writing.



Joanne Chidester

**Joanne Chidester** joined Allstate in October 2010 to support the capstone program of the Good Life wellbeing initiative, *Energy for Life*. With an M.A. in English, Illinois and Washington teaching certificates, and certification as a Group Fitness Instructor through the Aerobics and Fitness Association of America (AFAA), Joanne brings a myriad of experiences and skills to her position as a Performance Coach.

Beyond delivering *Energy for Life* and *Continuing Your Journey*, Joanne creates follow-up webinars, blogs on the Employee Community, works with Wellbeing Champions, and supports the EFL Sustainability work, specifically Enhanced Graduate Support. In addition, Joanne is a Change Champion and will support the Leadership Principles as they are rolled out to the organization.

Joanne enjoys reading, journaling, and tapping into her creative side with crafts.



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Angela Collier

**Angela Collier** joined Allstate in October 2012 to support the capstone program of the Good Life wellbeing initiative, *Energy for Life*. Along with a Bachelor of Science in Human Foods and Nutrition, certifications as a personal trainer and aerobic fitness instructor through the National Association of Sports Medicine and American Fitness and Aerobic Association.

Angela brings a variety of experience and skills to her position as a Performance Coach. Beyond delivery *Energy for Life*, Angela has created and facilitated follow-up webinars, blogs on the Employee Community, and supports the EFL Sustainability work, specifically Enhanced Graduate Support.

Angela enjoys reading, crocheting and spending time with her friends and family.



Baron Finlayson

**Baron Finlayson** currently serves as a Performance Coach facilitating *Energy for Life* and *Continuing Your Journey* workshops. In addition to delivery of *Energy for Life*, Baron is certified to deliver offerings in the New Leader Development Studio and to conduct Leadership Principles engagement sessions. As a Master Trainer for Leadership Principles, he is also responsible for training and certifying Change Champions to facilitate engagement sessions.

Baron has worked in the Financial Services industry for over 30 years, and has held various roles including Training and Development Professional, Financial Advisor, Trader, Compliance Officer and Community Relations Officer.

Baron enjoys golfing, movies and quiet dinners with friends and family.



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*Brian Harvey*

**Brian Harvey** is an Energy Management and Nutrition Performance Coach for *Energy for Life* and *Continuing Your Journey*. Brian's specialty knowledge is in sales and marketing.

Brian has 30 years of experience in the pharmaceutical industry working in sales management, sales training, product management and managed care sales.

Brian enjoys soccer, the theatre, and watching almost all sports. His passion is family and helping others get where they want to go in life.



*Brian Karzen*

**Brian Karzen** joined Allstate in October 2010 as a Performance Coach on the *Energy for Life* team. He is an exercise physiologist with experience in a variety of fitness settings as well as teaching undergraduate courses for Robert Morris University following attainment of a Master's degree in Exercise Science.

Brian is on a mission to help Allstaters thrive in the face of work and life pressures. In his role as Performance Coach, Brian facilitates the *Energy for Life* and *Continuing Your Journey* sessions for Allstate employees and agents. Outside of the classroom, he creates and delivers live and virtual presentations and contributes to online content that supports the positive wellbeing of fellow Allstaters. Brian is a Master Trainer for the Leadership Principles Engagement Sessions.

Away from work, Brian relishes quality time with his family, reading, and fitness.



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Laura Miller

**Laura Miller** facilitates the Nutrition/Movement side of the *Energy for Life* workshop across the U.S., Canada and Northern Ireland. In addition, she supports various *Energy for Life* sustainability efforts including webinars, blogs and customizing EFL material for intact teams across the organization. In addition, Laura serves as a Master Trainer for the *Leading with Purpose* engagement sessions, designed to role-out the Leadership Principles to Allstate.

Laura has over 10 years experience in Health, Wellness and Counseling. She served at Motorola as a Lifestyle Coordinator, at the University of Illinois as Clinical Fitness Educator, and at ComPsych Corporation as a HealthyGuidance Specialist.

Laura's hobbies include aerial dance, ground-based dance and dance choreography. She also enjoys working out, reading and spending time outdoors.



Denise Reinke

**Denise Reinke** joined Allstate in October 2012 to support the capstone program of the Good Life wellbeing initiative, *Energy for Life*. Denise is a Facilitator and Performance Coach for the *Energy for Life* program. Denise also serves as a Master Trainer for the Leadership Principles *Leading with Purpose* engagement sessions. As a Master Trainer, she is responsible for training and certifying Change Champions to facilitate engagement sessions across the organization.

As a certified Wellness Coach with a degree in Human Resource Development. Her previous experience includes twenty plus years in HR, Training, and Sales for Financial and Professional Service firms.

Denise enjoys travel, fine dining, and spending time with friends and family.



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*Christi Steely*

**Christi Steely** supports *Energy for Life* as a Program Performance Coach. Her main responsibilities are leading the deployment of the new EFL e-Course to the organization, facilitating the EFL workshop, providing nutrition expertise to the Good Life team, and delivering nutrition education to the enterprise.

As a Registered Dietitian and a certified specialist in sports nutrition, Christi has experience working with a variety of industries from major hospitals to Fortune 500 corporations providing expertise in the launch of several grass root nutrition programs; providing medical nutrition therapy and nutrition education to various populations.

Christi enjoys anything to do with food, particularly baking, practicing calligraphy and spending time with her husband and daughter who is one year old.



*Melissa Stevens*

**Melissa Stevens** is a Performance Coach on the *Energy for Life* team, and facilitates the *Energy for Life* and *Continuing your Journey* workshops. In addition, she conducts *Leading with Energy* sessions that focus on bringing key Energy Management principles to teams across the organization.

Melissa returned to Allstate in 2010 from her independent Coaching and Leadership Development company where she specialized in facilitating leadership workshops, life/executive coaching, and development consulting. Prior to establishing her business, she worked for HSBC as an internal executive coach and facilitated a broad spectrum of leadership development workshops. Her Allstate career spanned 16 years as an Operations Manager and a Learning and Development professional. Over the years she has helped global leaders to hone their professional and leadership skills.

Melissa has an M.A. in Counseling, is a Certified Coach and a licensed teacher. Her professional affiliations include the American Society for Training and Development and the International Coach Federation.





*Mandy Clark*

**Mandy Clark** is the Lead Nutrition Performance Coach for the *Energy for Life Team*. Her primary responsibilities are providing thought and project leadership on holistic wellbeing strategies for the *Energy for Life team* including curriculum design and delivery, strategic narrative / messaging and developing strong partnerships with other health and wellbeing efforts at Allstate. She also leads the design and implementation of competency standards and development practices for Nutrition and Movement Performance Coaches.

Mandy brings expertise in sports nutrition, the non-diet approach, holistic health promotion, research, and nutrition therapy for eating disorders. She has been a Registered Dietitian (RD) since 2001 and since 2006 has earned distinction as a Certified Specialist in Sports Dietetics (CSSD).

Mandy was the first full-time Sports Nutritionist for Intercollegiate Athletics at the University of Notre Dame and then pioneered a similar position at Princeton University. She has also worked in several other arenas including health promotion at Western Michigan University, sports and cardiovascular research at Michigan State University, and in her own private practice.



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Jeff Thomson

**Jeff Thomson** is the Lead Performance Coach for the *Energy for Life* team at Allstate Insurance Company with an M.A. in Organizational Development and over fifteen years of experience as an internal consultant in fields of organizational development and learning & development. In his current role, Jeff leads a team of 20 Performance Coaches in the deployment of the Energy for Life program across the enterprise.

Prior to joining the *Energy for Life* team, Jeff spent three years as a Manager of Organizational Effectiveness in Allstate Technology and Operations where he led the development and implementation of a competency model and was part of a core team leading an Inclusion culture change initiative.

Prior to joining Allstate, he provided organizational development consulting at CVS Caremark, Inc. Jeff was responsible for facilitating employee and leadership development workshops as well as designing and delivering interpersonal and team effectiveness solutions. Beyond his executive coaching skills, he brings the experience of leading enterprise-wide culture change and employee engagement initiatives.

Jeff is married with two young daughters and enjoys spending time with them any chance he gets. In addition to his love of family, he is an outdoor enthusiast, a die-hard Cubs fan and an avid reader of personal and leadership development books.

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