

SHARED EXPERIENCES

Maximizing Human Potential Human Resources Panel Discussions

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Maximizing Human Potential Series

Human Resources Panel Discussions

Distinguished Panelists



Denise Freeman,
MS HRM



Edwina Gywnn,
MS Ed, MS HRD



Juliana Mehta,
MS Health Admin



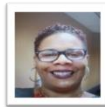
Michael Holmes, BA



Mitchell Slade,
MBA, CLC



Shelly Bigams, J.D.



Sonji Grandy

Join us for our 3rd HR panel discussion. Our phenomenal panelists will share their insights on the employee health and wellness including the benefits, the pitfalls, launching a program; and recommendations for small businesses. **To learn more about the panelists go to: se.IMpossiblemall.com**

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Distinguished Panelists

Denise R. Freeman

Denise has more than 25 years of broad-based U.S. and international experience in law, financial services and consulting industries. She is currently Director, Head of Human Resources for JASA, a NY nonprofit. She has worked for several organizations with the core of her HR Management career being in the legal industry. Denise has worked for medium and large law firms including Davis Polk & Wardwell LLP; Weil, Gotshal & Manges LLP; and Morrison & Foerster, LLP. Denise received a BS in Computer Information Systems and Business Management from Bloomfield College and a Master's in Human Resource Management and Organizational Development from The New School.

Edwina M. Gywnn

Edwina M. Gywnn served 21 years in the US Army and retired as a Master Sergeant. She is a Global Career Development Facilitator, a Federal Resume Writer and has served as a Workforce Liaison and Employment Specialist. She currently serves as a Veteran Service Representative with the Department of Veterans Affairs. She also serves as a volunteer Guardian Ad Litem for Richland County Court System advocating on behalf of abused and neglected children. Edwina has a Master's in Human Resources Development from Webster University and a Master's in Education from TUI University.

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Juliana Mehta

Juliana is a skilled Project and Event Management professional with project management experience and large-scale event planning experience, with an emphasis in Healthcare and Academia. She has spent a major part of her career in the healthcare industry. She is currently employed at Summit Medical Group.

Juliana is committed to serve and volunteers for various charities and fundraisers such as Manavi, an organization dedicated to ending all forms of violence against South Asian women. She speaks fluent Bengali, Hindi, and Urdu. She earned her Bachelor's in Political Science from SUNY Stony Brook and her Master's in Health Administration from Hofstra University. She is scheduled to take her Project Management Professional (PMP) certification exam this July.

Michael T. Holmes

Michael is the Founder & Principal Consultant of INSIGHTS4U Consulting, LLC (www.insights4u.com) a boutique firm specializing in career coaching, leadership development, workforce readiness training, organizational performance, human capital management, non-profit board development, diversity, equity, inclusion & belonging, as well as community relations, youth mentoring & engagement, and social justice advocacy.

Michael has over 30 years of experience connecting superior, diverse talent with great organizations and developing leaders that value and leverage high-potential talent. He has worked with profit, non-profit and educational institutions including: Right Management, Citigroup, Terex and Pitney Bowes; INROADS, Food Bank for NYC and Yonkers, and YMCA; Western Connecticut State University and Holy Cross College. His experience includes facilitating leadership developing training throughout the US, Asia, Europe, and Africa. Michael earned a Bachelor of Arts in Political Science, with a minor in Philosophy from the College of the Holy Cross in Worcester, MA. In September 2016, he was honored by President Barack Obama as a Champion of Change for having spent over 30 years coaching, advising and mentoring youth and young adults.

Mitchell Slade

Mitchell is the current Director of Hackensack Meridian's Clinically Integrated Physician Network. In this role, she leads the company's physician recruitment for all commercial value-based programs, provider experience, and engagement and growth strategies. She is a member of Hackensack Meridian's Women in Leadership and sits as Chair of the Evaluations and Feedback subcommittee. Prior to working for Hackensack, Mitchell held several increasingly senior roles at Horizon Blue Cross and Blue Shield of New Jersey. Mitchell is also a principal in MD Healthcare Management Solutions consulting firm. Mitchell has a Bachelor of Science in Business Administration and Master's in Business Administration from Saint Peter's University. Mitchell is also the owner of My Sweet Experience, a specialty baking and dessert company.

Shelly Bigams

Shelly has over 20 years as a HR professional, with a concentration in Benefits Administration. She works with active employees and retirees in the areas of medical, dental, vision, and life insurance assisting them with making prudent decisions regarding their healthcare and estate planning and administering their 401k plans. She conducts training in areas of Health and Welfare and 401k.

Shelly received her Bachelor's in History from Holy Cross in MS and a law degree from Antioch School of Law in D.C. with a concentration in Labor Relations, Personnel, and Domestic Violence. Shelly is an entrepreneur and owner of Love Expressions, LLC a custom gift company.

Sonji Grandy

Sonji is an Assistant Vice President with a High Net Worth Insurance Broker specializing in wealth management and retention. She has been in the insurance industry for over 30 years and has lent her expertise not only in the analytics of insurance, but also areas of diversity and inclusion.

As an African American woman in the industry, Sonji was often sought after to educate and mentor others. In 2019, she developed a company-wide mentoring program for the Fortune 100 company she is currently employed with to create & empower those coming up behind her.

Committed to serve, Sonji balances between vocation and community service. She is the Vice President of Generation X Community Association (also known as the Power of Gospel Ministries), she sits on the Board of Directors for Alliance Community Healthcare and has now created her own blog/website, www.itsabattle.com to help people deal with everyday trauma.