



**Paula Allen**

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Paula Allen is the global leader, research and client insights and is a senior vice-president at TELUS Health. She leads a team of data scientists, researchers and experts in organizational health, communication and behavioural change. Paula's focus is informing data-driven strategy and communicating insights in a manner that is accessible and drives productive action. This includes discovering, defining and communicating industry trends; working with clients to provide analytics, data-driven decision guidance and change management; and supporting TELUS Health with insights to inform their products and client support. Paula is a well-recognized expert in all areas of workplace mental health, total health and well-being, learning strategies, disability management and inclusive workplaces. She is a sought-after speaker by media, organizations and conferences for her knowledge and expertise in current issues and the future direction of health, well-being, productivity and related risk management. Paula's workplace expertise builds on a clinical background, having completed undergraduate and graduate degrees at the University of Toronto in neuropsychological assessment, clinical intervention and psychological research. She has more than 20 years of experience relating to workplace research, product development and operational leadership that spans the range of EFAP, workplace learning, attendance and disability management, and health and benefits consulting. Paula is also a member of the Women's College Hospital's board of directors and is the quality, academics and equity committee chair. She is also part of the technical committee for the update to the National Standard for Psychological Health and Safety in the Workplace and is on the boards of Kerry's Place Autism Services and the Canadian Club of Toronto. She is also the former co-chair of Civic Action's champions council on workplace mental health and has a long history of governance and advisory board membership related to government and employer policy and practice.