



## **Kourtney Bassett, M.S., CHES**

Assistant Director, Employee Wellness  
Texas A&M University  
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Kourtney Bassett is an experienced Certified Health Education Specialist (CHES®) and serves as the assistant director of employee wellness at Texas A&M University. In her role, she leads the development and implementation of comprehensive wellness programs tailored for Texas A&M faculty and staff, focusing on a holistic approach to employee well-being. Kourtney's passion for wellness and leadership drives her mission to cultivate leaders who prioritize the well-being of their teams. Under her direction, Texas A&M's employee wellness program has earned national recognition, including the American Heart Association's Gold Level Award in the 2023 and 2024 Workforce Well-being Scorecard™ and the Wellness Alliance Well Workplace Silver Level Award in 2025. Kourtney holds a bachelor of science degree in exercise physiology, a master of science degree in health education, and a Certificate in Nonprofit Management. Her extensive education and training encompass key areas of health, wellness, and administration, equipping her with the expertise to make a significant impact in her field. Driven by the belief that empowered employees build thriving organizations, Kourtney is dedicated to expanding innovative wellness strategies that foster a culture of well-being and resilience. She envisions creating scalable programs that inspire leaders to prioritize holistic health and employee engagement.