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Laini Byfield is a total rewards analyst, focusing on employee wellness strategy. Currently completing her M.P.H. degree at George Washington University, she holds certifications as a Certified Wellness Practitioner™ (CWP™) through the Wellness Alliance and National Board-Certified Health and Wellness Coach (NBC-HWC). She blends public health training with corporate program experience to help organizations translate theory into measurable wellness results.