



**Leah Gossai, M.B.A.-HR**

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Leah Gossai currently serves as the education manager for the employee health and well-being team in the AdventHealth Central Florida Division. Gossai has over ten years of experience in the health and wellness industry, overseeing educational programs that support whole person health, mind, body and spirit. After graduating with her bachelor's degree in kinesiology from the University of Wisconsin-Milwaukee, Gossai pursued an internship with the Walt Disney World Company as an exercise specialist, helping to coordinate Disney races, organizing yoga events in front of the castle at Magic Kingdom and promoting well-being to all Disney cast members. After serving team members at the Walt Disney World Company, Gossai started her career at AdventHealth as an exercise physiologist, working with dynamic populations and Fortune 500 companies such as Darden World Headquarters. Since joining the employee health and well-being team in 2018, Gossai has transitioned from a health educator to education manager, overseeing various programs that impact well-being, focusing on trust, rest, stress recovery, mental health, nutrition, activity and more. Gossai graduated with her master's degree in business administration and human resources in 2020 and is currently working toward her Ph.D. degree in organizational leadership. She is a NASM certified personal trainer, an ACE Health and Behavior Change Coach, and an ACE Nutrition Specialist.