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Julia A. Nicholson is a TEDx speaker, the author of the award-winning book *Move Forward Stronger*, the founder of Move Forward Stronger LLC, and a sought-after speaker. Over the past 25 years, as the former CEO of multiple pension and health and welfare benefit trusts and as a consultant, she has worked in some of the most dynamic, high-pressured organizations and boardrooms in the country. She's worked with companies that include Disney, Warner Brothers, Paramount, Albertsons, the government of the United States Virgin Islands, CalPERS, the National Educators Association, the National Labor Alliance, and the California Teachers Association. Nicholson is also the principal of J | N Consulting. There, she consults and presents on board governance, strategic planning, pension and health plan benefit administration, and performance management to boards and executives of pension and health and welfare benefit plans across the country. Most recently, Nicholson served as the chief executive officer of the Motion Picture Industry Pension and Health Plans, overseeing approximately \$9 billion in assets and a staff of 250 in the administration of retirement and health plan benefits for over 200,000 participants working in the entertainment industry. Nicholson is an instructor for the International Foundation of Employee Benefit Plans Certificate of Achievement in Public Plan Policy (CAPPP®) and the Advanced Trustees and Administrators Institute. She is also a former member of the International Foundation Actuaries/Consultants Committee. Nicholson graduated summa cum laude from the University of Missouri with a B.S. degree in business administration with majors in finance and management and organizational behavior. She earned her M.B.A. degree from the University of Denver.