



Karyn Richmond

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Karyn Richmond is an award-winning workplace well-being strategist, speaker, and Wellness Coordinator for the Sun Prairie Area School District. With more than 30 years of experience spanning education, healthcare, occupational therapy, and organizational wellness, she helps organizations create sustainable cultures of well-being that strengthen employee engagement, retention, and workforce health. Under Karyn's leadership, the Sun Prairie Area School District has twice earned WELCOA's Platinum Well Workplace designation and received the Wellness Council of Wisconsin's Mental Health in the Workplace Certificate. She is a Worksite Wellness Specialist, Professional Coach, former WELCOA Faculty member, recipient of the REALiving Be Inspired by the BEST Award, and a national and state conference presenter. Karyn serves on the Sun Prairie Wellness Coalition Board and the Sun Prairie Parks, Recreation and Forestry Commission. She previously co-facilitated the Wellness Council of Wisconsin Education Well-Being Peer Group. She earned her degree in Occupational Therapy from the University of Wisconsin–Madison and has additional training in mindfulness, grief support, coaching, and whole-person well-being.