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Julie Zaruba Fountaine is the founder of EMPOWER Possible, LLC, an adjunct faculty at the University of Mary, and a well-being specialist at Essentia Health. Her leadership philosophy is to be data-informed, deliberately collaborative and strategically results-oriented so that she can deliver superior health and wellness initiatives, programs and events that result in improved morale, increased well-being and a positive financial outcome. Over the past decade, Zaruba Fountaine has worked with individuals to empower themselves and reach their full potential, teams to develop their strengths, and organizations to build well-being programs and policies. Zaruba Fountaine received her B.A. degree in exercise science with a Spanish minor from the University of Mary in Bismarck, North Dakota, her M.S. degree in health, nutrition and exercise science from North Dakota State University, and her M.B.A. degree in change and leadership from the College of St. Scholastica in Duluth, Minnesota.