



Lindsay Bell

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Lindsay Bell is a contagiously passionate workplace well-being consultant. With a pedal-to-the-metal ambition, Lindsay has dedicated her career to accelerating organizations' accountability in workplace health. As a wellness professional for over 15 years, Lindsay helps companies navigate the blind corners, shifting from reactive models to strategic planning. With a background in psychology, human resources and worksite wellness and health promotion, Lindsay also specializes in workplace mental health, both as a certified instructor by the Mental Health Commission of Canada and as a certified psychological health and safety advisor by the Canadian Mental Health Association. Lindsay leverages data to fuel solutions. Seeing the need for equitable mental health education, Lindsay founded Bwell Workplace Consulting to connect more businesses and their people with credible mental health education. Lindsay previously sat on the board of directors for the Ontario Workplace Health Coalition, has been a verifier for Excellence Canada, and continues to serve as an engaging speaker and industry panelist. Lindsay remains deeply committed to improving the intersections of work and employee well-being, paving a more open road for healthier, engaged workplace cultures where employees can thrive.