



Karla Chin, M.A.
Chief Wellbeing Officer
Exude
Philadelphia, Pennsylvania

As chief wellbeing officer of Exude, Karla leads the total well-being practice, which she co-founded in 2014. Karla has been in the field of organizational well-being for 15+ years, with a focus on designing and implementing integrative and inclusive programs that honor the “whole employee.” At Exude, she designed and oversees the delivery of well-being solutions: organizational well-being consulting, mental health/resilience and psychological safety trainings, leadership coaching, and turnkey programs that are delivered to hundreds of organizations. Karla’s been featured on CBS News as a health and lifestyle expert, presented at several globally attended conferences with 5,000+ attendees in the audience, and accumulated over 4,000 hours of executive coaching experience. Karla is a proud Filipino-Canadian American, wife, and mother to her two daughters.