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Krystal Sexton, PhD, is the Program Director for the Brain Capital Academy at AETHEON and a globally recognized leader in health and well-being. Krystal has been an invited speaker at many international and United States-based symposia, is an author of numerous publications and book chapters, and is an advisor and Board of Directors member for scientific nonprofit and government organizations. Over the past two decades, Krystal has held positions in academia and industry, with her work spanning across health disparities and inequities and workplace brain health. Krystal was faculty at Baylor College of Medicine, with a research focus on breast cancer disparities. Krystal was also at Shell, where she helped develop the holistic approach to health that covers physical, mental, and social health.