



Julie Holden, Principal – Holden & Associates Consulting Inc.

Expertise: Workplace Mental Health | Absence & Disability Management Strategies

Julie has an extensive background of over 25 years delivering workplace health and productivity solutions to her clients in a wide variety of industries in both the private and public sectors.

She was a Principal at one of Canada's largest consulting firms, Willis Towers Watson, where she led its health and productivity practice in Ontario and was also the Practice Leader of the Absence and Disability practice at both Buck Consultants and Morneau Shepell.

Previously, Julie was an Assistant Vice President at Manulife Financial heading the Toronto disability claims operation, subsequent to many years with Canada Life, in various leadership roles. She has worked with many organizations of all sizes on disability management and workplace mental health initiatives.

Julie is a graduate of the University of Toronto's Ontario Institute for Studies in Education. She was a contributor to the 14th Edition of the Handbook of Canadian Pension and Benefit Plans. She has also regularly presented to students of the International Society of Certified Benefit Consultants as part of their disability management curriculum.

She is certified by the Canadian Mental Health Association as a Psychological Health & Safety Advisor to workplaces and is a registered Practitioner with the Human Resource Professionals Association of Canada.