

Administrative Professionals Event

Wednesday, April 17, 2019

2019 Workshop Speakers

Robert Rivest



Robert Rivest is an internationally admired performer and teacher. In addition to being a renowned comic mime artist, he is also an accomplished health, literacy and stress relief educator, a gifted mindfulness teacher, a certified laughter yoga master trainer and an engaging public speaker. Since 1990 Robert Rivest has given over 8,000 presentations in Europe, Asia, Africa and across the U.S. His mission is to use mindfulness, laughter and the performing arts to bring greater health and happiness to individuals and

organizations around the world.

Kristen O'Brien

Kristen O'Brien is a Registered Dietitian with a Bachelor's Degree in Nutrition from Framingham State University. She went on to complete her dietetic internship at the University of Minnesota where she obtained her credentials as a Registered Dietitian. She began her career with the Women, Infants and Children (WIC) Program in Springfield, Massachusetts. Her passion for working with low income families was ignited after she started counseling them about nutrition and discovered how she could help them and make an impact on their lives. She continued her work in community nutrition at Head Start serving some of the same families that she served while working for WIC. She continued to move up and is now the Senior Nutritionist for the same WIC program where she began her career. Kristen is also working towards her Master's in Public Health Nutrition where she hopes to further her work in serving the community and open a Center for Maternal and Child Health that supports her mission to improve the health of women, infant's and children through better access to quality care.





Elizabeth Lenart

National and International Fitness Presenter and Educator Elizabeth Lenart possesses an M.Ed and a multitude of fitness certifications. She is the owner of innerathlete, a local fitness and well coaching business. She is the Program Director and Mater Trainer for Balletone in the United States, a ballet based fitness program for both dancers and those with no dance background. She is a National Master Trainer with BOSU and Hedstrom Fitness where she presents and is involved with program development. She is Master Trainer

Barre Above and Tabata Bootcamp Fitness Programs. She's an ambassador for Carbon 38 and is sponsored by 361 Degrees. She can be seen regularly on Mass Appeal as a fitness expert. She is a member of the Women's Fitness Organization of America. She writes and blogs for fitness companies.

Christine Singer

Christine Singer has more than 30 years of leadership experience in non-profit management, organizational development and workforce development. She holds a master's degree in education from the University of Massachusetts and a Bachelor of Arts degree in psychology and child development from Connecticut College. She co-authored a training monograph entitled "Non-Aversive Alternatives to Behavior Management" and has received numerous awards for professional and volunteer leadership activities.

Christine provides support to human service, education, and business professionals examining ways to maximize professional development. She serves as a motivational keynote speaker, conducts supervisory and management training and a variety of workshops to increase professional development for all levels of personnel. Christine assists businesses in strategic plan development, feasibility studies, board governance and program consultation. Christine is a certified Woman-Owned Business Enterprise (WBE) in Massachusetts.

