



## **Jill Rainford**

Jill Rainford is the Wellness Manager at the Orlando Utilities Commission. She leads wellness efforts for the organization through a dynamic approach which leverages motivation and inspiration for creating lasting behavior change. Her work demonstrates a focus on the health and happiness of the employee as the primary driver of wellness initiatives. Jill is the co-founder of the DTO Wellness Co-op, a ground-breaking group designed to share wellness resources across the employer boundary in order to create a healthier Downtown Orlando. The Orlando Utilities Commission has been named a Healthiest Employer by the Orlando Business Journal and received a Gold Certification Best Wellness Employer Award from Wellness Workdays.

Jill operates from a set of core values that places the service of others at its center and is able to find expression in corporate wellness on a daily basis. She spends her extracurricular time serving the community through dog therapy and at her church, and is pursuing a writing career in various forms, including the delivery of original health and wellness content to employers and churches across the nation.