



Brittany Badger Gleed, Ph.D., MCHES

**Co-Owner
Renova Wellness & Consulting
Jordan, Utah**

Brittany brings nearly 20 years of expertise in health and well-being, including over a decade leading employee wellness programs in Utah and 13 years advancing collegiate student wellness at the University of Utah. She is co-owner of Renova Wellness & Consulting and Operation BRAVE, where she supports organizations and individuals in building resilience, connection, and long-term well-being. As a leader in the field, Brittany has worked extensively to develop healthy, high-performing teams that are equipped to navigate stress, trauma, and the challenges that can lead to burnout if left unaddressed. Her worksite wellness initiatives have demonstrated a proven return on investment of 3:1, showing clear impacts on both employee well-being and organizational outcomes. Brittany specializes in resilience-building, mental wellness, and trauma-informed strategies, and is a certified instructor in Mental Health First Aid, QPR, Creating Safety, and trauma-informed self-defense. She also brings deep expertise in disordered eating, violence prevention, victim advocacy, and substance use disorders. With a Ph.D. in health and kinesiology and an M.S. degree in health promotion and education, Brittany has designed and implemented evidence-based prevention and intervention programs that reduce costs, improve quality of life, and enhance well-being across diverse populations. Her passion for sustainable wellness and her experience as a trainer and educator make her a trusted resource for organizations striving to create resilient, thriving cultures.