



Valérie Fernandez

Senior Advisor, Workplace Health Solutions

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As a trained kinesiologist, Valérie Fernandez brings passion, energy and creativity to everything she does. She excels at mobilizing workplace health teams, guiding them toward achieving their wellness goals with enthusiasm and purpose. Driven by a deep desire to inspire others to embrace physical activity, Valérie has also been leading a variety of group fitness classes in gyms for over six years—sharing her motivation and love for movement with every session.

As a Workplace Health Solutions Advisor at Beneva, Valérie draws on nearly 20 years of experience in developing and implementing health and wellness initiatives. Accredited by the Healthy Enterprises Group for the “Healthy Enterprise” standard and approach, she expertly guides employers in adopting best practices in health promotion, prevention and attendance management—helping foster a strong culture of well-being within organizations. Valérie is frequently found leading training sessions and sharing her expertise and passion as a dynamic conference speaker. In 2015, she took on a major challenge as Director of Participant Services for the 50th Finale of the Québec Games. Overseeing health services, accommodations, food and transportation for 5,000 athletes and coaches, she embraced the world of event planning and emerged with invaluable experience and personal growth. A kinesiology graduate from Université Laval, Valérie has been developing and implementing health and wellness initiatives in the workplace for nearly 20 years.