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Abby Read is a recognized leader in workplace well-being and the head of Haynes Boone's global wellness strategy, overseeing HB Well, a comprehensive initiative supporting the firm's 1,200+ employees. With experience designing large-scale wellness programs across the legal, medical, and education sectors, Abby specializes in addressing the unique challenges of fast-paced, high-pressure workforce environments. She is a registered and licensed dietitian, certified in Mental Health First Aid, and trained in Critical Incident Stress Management, equipping her with the expertise to drive meaningful organizational change and enhance employee well-being in high-performance workplaces.