



Allison Ross, M.A.

Wellness Program Manager
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Allison (Allie) Ross is the Well-Being Program Manager at Rady Children's Health, one of the nation's largest pediatric healthcare systems, where she plays a crucial role in organization-wide efforts to support employee well-being, mental health, and workplace culture. In her role, Allie designs, implements, and evaluates comprehensive wellness strategies that span prevention, mental health promotion, staff engagement, and systems-level change. She collaborates closely with clinical leaders, HR partners, and community organizations to ensure wellness initiatives are accessible, evidence-based, and responsive to the realities of healthcare work.

Allie brings a multidisciplinary background in healthcare and higher education, grounding her work in both research and practice. She holds her bachelor's and master's degree from the University of San Diego and has taught college-level coursework in leadership and development.

Beyond her professional work, Allie serves as a Human Relations Commissioner for the City of San Diego, contributing to policy discussions centered on community well-being and equity. She is passionate about translating strategy into action and building cultures where people feel supported, connected, and able to thrive.