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Rachel Beck-Garcia is a global benefits and wellbeing strategist with 20+ years of HR leadership experience. As Global Benefits & Wellness Lead at Booksy, Inc., she owns global benefits strategy for 800 employees, leveraging AI to streamline administration, optimize communications, and drive engagement across diverse markets. A recognized thought leader, Rachel served on the Navigate Wellbeing Thinktank, was featured on the Your Money Line podcast, and contributed to SHRM coursework. Previously, she spent seven years as Senior Benefits Analyst at Arapahoe County, transforming a traditional wellness program into a Culture of Care for 2,500 employees and increasing engagement over 200% in year one—work featured in a 2023 Navigate Wellbeing case study. After earning HCI certifications as a Holistic Health Coach and Holistic MBA, she founded Heartsong Health + Wellness and became an inaugural Fair Play Method Facilitator. Rachel holds a BBA from Kent State University, alongside her certifications; PHR, CWWS, and Workplace Financial Wellness Advocate credentials. This is her second Health Benefits Conference & Expo appearance.