

Janet Edmunson, president of JME Insight, is a trainer, [motivational speaker](#), writer and health promotion professional who is dedicated to using her life experiences and inner values to support the growth and self-esteem of the people her life touches.

Janet has over 30 years' experience in leadership in both large and small organizations. Prior to starting JME Insights, Janet retired in 2007 from her 12 year career at Blue Cross Blue Shield of Massachusetts. As their Director of Prevention & Wellness, she grew the program from two employees to a staff of 20 who worked with over 400 employer groups and a budget of over \$5 million.

Janet took care of her husband, Charles, during the five years when he was fighting a degenerative neurological disease. During that time, she also helped Charles write his book titled [Paradoxes of Leadership](#). In her book, [Finding Meaning with Charles](#), she wrote about how they strived to maintain a positive attitude throughout. Her speaking experience has included keynotes and workshops for various caregiver and disease-oriented conferences.

Janet has written a variety of articles as well as chapters for books, including one titled "Precious Memories" in the book [Wise Women Speak: Changes Along the Path](#). Ordering information for Janet's books, CDs and other products is available on Janet's [Products Page](#).

Janet is the immediate past chair of the Board of Directors for the national Foundation for PSP | CBD and Related Brain Diseases. She is also on the Board of Trustees for the Employee Ownership Foundation. Janet is a former President of the Association for Worksite Health Promotion and has a Master's degree from Georgia State University. Janet is a member of the National Speakers Association.