



Christian Emory

Director, Benefits and Compensation
Harris Teeter

Christian began her career with Harris Teeter in 2021 as the Benefits Supervisor. In the fall of 2021, Christian was promoted to the Director of Benefits and Compensation. Christian joined Harris Teeter with 10-years of experience in the Employee benefits space.

Christian spent 5 years in Benefits consulting. She was an Account Manager in Employee Benefits at national broker, Lockton, LLC. While at Lockton Christian worked on multiple large accounts including a large retailer like Harris Teeter. Prior to her role at Lockton she was an Analyst in Employee Benefits at the global consulting firm, Willis Towers Watson, handling large market accounts. Christian's consulting experience includes completing financial modeling and pricing, vendor management, implementation, wellbeing initiatives, regulatory updates, compliance, project management, data analytics, and overall healthcare strategy. Before her time in consulting, Christian worked for Harris Teeter in the Benefits Service Center. As the Director of Benefits and Compensation, Christian is responsible for the Benefits, Compensation, HRIS, and HR Analytics departments.

Christian received her undergraduate degree from Wingate University. During her time at Wingate, Christian joined the United States Army. Christian served in the Army National Guard for 6 years as a bandsman. She was an active member of the 440th Army Band – completing musical missions all over North Carolina, and went on one deployment to Africa, performing in Botswana with the Botswana Defense Force. Christian finished her Army career in 2019 as a Sergeant.

Christian and her husband, Michael have one daughter, Skylynn (2.5). Christian enjoys shopping, listening to live music, spending time with her family and friends, and cheering on her favorite UFC fighter, Conor McGregor.