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Mandie Conforti, LCSW, is Senior Director of Enterprise Strategy at Spring Health. She holds a Bachelor's degree in Psychology from St. Bonaventure University and a Master's degree in Social Work from the University of Illinois, and she is a Registered Yoga Teacher (RYT 500). Her clinical background includes work in employee assistance programs (EAP) and substance use treatment. For more than 20 years, she has helped Fortune 500 companies promote emotional wellbeing in the workplace, including as a Behavioral Health consultant at Willis Towers Watson and Mercer.