



**Paula Allen**

**Global Leader and Senior Vice-President,  
Research and Client Insights  
TELUS Health  
Toronto, Ontario**

Paula Allen leads a team of data scientists, researchers, and experts in various areas of health and communications strategy as the global leader of research and client insights at TELUS Health. Paula is a well-recognized expert in all areas of workplace mental health. Building on a clinical background, she has more than 20 years of experience relating to workplace research, disability management, health consulting, product development, and operational leadership. Paula is also a sought-after speaker by media, organizations, and conferences for her knowledge and expertise in current issues and the future direction of health, well-being, productivity, and related risk management. Given her expertise in health and health innovation as well as her commitment to social responsibility, Paula is a director of several boards, including the Women's College Hospital and the Canadian Club, as well as a member of the technical committee of the National Standard for Psychological Health and Safety in the Workplace.