

# Wellness Committee

## SPEAKER BIOGRAPHIES

*by order of presentation*

### **Rachel Hartley**

*Columbia, SC*

Rachael Hartley, RD, LD, CDE, CLT is a Columbia, SC-based nutrition therapist and nationally-recognized food and nutrition expert. She holds a Bachelors of Science in Human Nutrition and a Bachelors of Art in Psychology from Clemson University. After completing her dietetics internship at Emory University, she worked as a clinical dietitian and, later, as the outpatient dietitian for a large medical center where she provided individual nutrition counseling and led multidisciplinary disease management programs. In 2014, Rachael opened her private practice, where she specializes in intuitive eating, healing from chronic dieting, disordered eating, digestive disorders, and helping busy professionals realistically fit wellness into their life. Rachael holds additional certifications in health coaching, intuitive eating, and diabetes management. She also runs the popular food and wellness blog, The Joy of Eating, one of the largest intuitive eating-focused blogs. As a trusted voice in the dietetics field, she collaborates with like-minded brands for recipe development and nutrition communications. Her work has been featured in Shape, Self, The Huffington Post, Wall Street Journal, The Kitchn, BuzzFeed, The State, Fitness Magazine and MindBodyGreen. She is active in her field, currently serving as the president-elect for her local dietetics association and as the newsletter editor for the Nutrition Entrepreneurs dietetic practice group.

### **Jay Hewitt**

*Finish Line Vision*

*Greenville, SC*

Jay Hewitt is a nationally-recognized attorney, motivational speaker and athlete. He holds a bachelors degree in economics from Wake Forest University and a J.D. from the University of South Carolina. After being diagnosed with Type 1 diabetes in law school and practicing law full time, he qualified and raced for the US National Long Course Triathlon Team, racing three years for Team USA in Europe and Australia. He raced fourteen ultra distance and Ironman triathlons – a 2.4 mile swim, 112 mile bike race, and 26.2 mile marathon run (140.6 miles in one day) – all while injecting insulin and managing his blood sugar.

While racing triathlons he balanced work and life, practicing business litigation for twenty years for a large southeast regional defense firm, and arguing appeals to the South Carolina Supreme Court and the Fourth Circuit Court of Appeals. He has been profiled and featured in documentaries on CNBC, Lifetime Television, WGN-Chicago and in Newsweek, Greenville

News, and the cover of Diabetes Forecast, Empower Magazine, and Diabetes Focus. He is the author of the book *Finish Line Vision* and speaks worldwide to business groups and the public about achieving goals and overcoming obstacles in life and work. He lives in Greenville, SC with his wife and three children.

**June Pilcher, Ph.D.**

*Clemson University  
Clemson, SC*

June J. Pilcher is an Alumni Distinguished Professor at Clemson University. She completed her undergraduate degree at the University of Southern Mississippi (1984) and earned her Ph.D. in Biopsychology from the University of Chicago (1989). She was enlisted in the US Navy as a hospital corpsman prior to completing her B.A. and served as an officer as a research psychologist in the US Army after receiving her Ph.D. She started her academic career at Bradley University before joining the faculty at Clemson University in 2001.

Dr. Pilcher has been named a Fellow in the Association for Psychological Science. She was also named as the Outstanding Researcher of the Year for Clemson's Sigma Xi Chapter in 2011 and is the 2015 recipient of the Class of '39 Award at Clemson University. She was the Fulbright-Freud Visiting Scholar 2011-2012 at the University of Vienna and the Sigmund Freud Museum in Vienna, Austria, a Fulbright Specialist on Global Health in Finland in the summer 2017, and is currently a candidate on the Fulbright Specialist Roster for Public/Global Health. Dr. Pilcher's research is broadly based on the effects of stress on performance, health, and well-being. Her research includes topics on sleep and sleep loss, physical activity and sedentary behavior, and thermal stress. She has taught a wide range of classes focused on brain and behavior, human nature, and health. She has given over 100 invited talks locally, nationally, and internationally. She enjoys speaking to all types of audiences about the human brain, human nature, sleep, and physical activity.

Dr. Pilcher's other interests include training in a non-competitive, traditional martial art which she teaches as Leisure Skills classes at Clemson and working with a greyhound adoption agency to find homes for ex-racing greyhounds. She is always excited to talk about either of these topics as well as her more academic topics of interest.

**Kathryn Cavanaugh Bernstein**

*Fifth Circuit Solicitor's Office  
Columbia, SC*

Kathryn graduated from USC Law School in 2008 and began working for the Fifth Circuit Solicitor's office.

Throughout high school she played soccer, basketball, and ran cross country. During college, Kathryn taught fitness classes in Columbia. In addition, she trained with the Lekemia and Lymphoma Society and ran 4 marathons during her early 20's. She began training for shorter

distances (5k - 1/2 marathon) and became one of the fastest females in the state for several years. In 2013 Kathryn became certified as a personal trainer and trained at Anytime Fitness & Jamie Scott at night.

Kathryn gave birth to her first child in October of 2017 and while she's sure her routine will change, wellness will remain an important part of her life.

### **Brian Dumas**

*Brian Dumas, Attorney LLC  
Columbia, SC*

Brian Dumas was born in Sumter, South Carolina, attended high school in Columbia, South Carolina, and graduated from Spring Valley High School in 1974. He graduated from Emory University in 1978 with a B.A. in Psychology. After undergraduate, Brian attended and graduated from the University of South Carolina School of Law in 1981, where he was a member of the Wig and Robe. He has been in private practice since that time, generally in small Plaintiff firms or solo practice, with what would be considered a general litigation practice. In the last few years Brian's practice has continued as a general litigation practice including domestic relations, personal injury, contract and real estate litigation in both state and federal Courts. He is also a certified mediator in Family and Circuit Court.

### **Ben Sands**

*Sands Leadership  
Charleston, SC*

*How do you navigate a world full of both opportunity, AND risk, to create a life you love?*

*What's the secret to making great decisions in a world that's constantly changing?*

*What do "the best" do to maintain their energy and impact, over time?*

These are the questions to which our speaker, Performance Coach – Ben Sands, has dedicated his life to solving.

His Big, Hairy, Audacious, Goal? A world in which more men and women wake up, every day, energized and engaged by the work they do and the life they live.

Ben's worked with the rising leadership teams at a bunch of big companies like Morgan Stanley, Walt Disney, and Microsoft, and a bunch of small ones, too.

Before he got into coaching, Ben spent a decade in consulting. He loved it, and that work became the foundation for what he does today.

He went to college at Duke, and today lives in Charleston, SC with his wife, and two young sons.

### Other “fun” facts about Ben:

- **He has taught movie stars how to ski.** He spent four years as a professional ski instructor in Aspen, Colorado.
- **He’s been on Reality TV.** In his 20s he spent a few weeks on The Bachelorette (where he came to deeply appreciate the importance of making good personal and professional decisions!)
- **He met Bon Jovi.** In the 8th grade he won a state-wide poetry contest – the prize for which was a guitar from the band. His only regret: he never learned to play it.

**Lindsay A. Joyner**  
*Gallivan, White & Boyd, PA*  
*Columbia, SC*

### Co-Course Planner

Lindsay Joyner is an associate in GWB’s Columbia, South Carolina, office. Her practice places an emphasis on banking, business and commercial litigation, professional negligence, and economic development. Lindsay has presented matters in these practice areas before both state and federal courts.

A significant portion of Lindsay’s legal practice is devoted to banking. She handles a wide variety of banking issues, including advising bankers on policy and customer issues that arise as well as litigating matters from an offensive and defensive perspective.

Additionally, Lindsay represents corporate and individual clients in business and commercial litigation matters. She regularly handles matters concerning contractual disputes, business torts, shareholder disputes, and other complex litigation arising out of business transactions. Lindsay used the experience gained from representing clients in these areas to co-author the LABOTA Masters in Trial. Masters in Trial puts the best lawyers in the state in front of an audience to try a case. Lindsay’s case was the first commercial case ever used by Masters in Trial.

Lindsay also dedicates a portion of her practice to professional liability defense, including legal, general dentistry and oral surgery.

Lindsay appreciates that client service is equally as important as legal skills and knowledge. As a result, Lindsay makes client expectations and satisfaction a central point of her practice. She takes great effort to be accommodating and communicative with her clients at all times.

**Miles E. Coleman**

*Nelson Mullins Riley & Scarborough, LLP  
Columbia, SC*

**Co-Course Planner**

Miles Coleman is an attorney at Nelson Mullins Riley & Scarborough practicing in the areas of appeals, business litigation, and First Amendment law. His clients include Fortune 500 companies, public universities, state agencies, municipalities, monasteries and seminaries, death row inmates, and New York Times bestselling authors. He was one of the founding members of the SC Bar's Wellness Committee. He also serves as a member of the Advisory Committee to the U.S. Commission on Civil Rights, a board member of School Ministries, Inc., and the chairman of the South Carolina chapter of the Federalist Society. Mr. Coleman is an ironman triathlete, a CrossFit trainer, and has run many marathons and one ultramarathon. He resides near Columbia, South Carolina with his wife, son, two Great Danes, and a Siamese cat.