



Judith Plotkin, M.S.W., ICD.D

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Judith Plotkin holds overall responsibility for leadership and growth of proprietary health and wellness solutions. Through innovative and outcome-driven products, she is committed to helping employees lead healthier lives. Plotkin has over 25 years of progressive leadership expertise in the employee assistance, disability management and workplace wellness industry. She is a frequent speaker and has published many workplace mental health and healthy workplace articles. Prior to joining People Corporation, Plotkin held a number of leadership roles at ReedGroup (formerly Aon), Wellpoint, Homewood Health and Morneau Shepell. She is on the board of directors for Ontario Shores Centre for Mental Health Foundation. Plotkin has practiced both clinical and organizational social work and research with a focus on healthy employees and healthy organizations. Currently, Plotkin leads a team working with clients to improve workplace practices, based on clinical outcomes and data. She helps build solutions targeting employee mental health and disease prevention. Plotkin's clinical contributions include field practicum instruction at the University of Calgary. Most recently, she led the team that developed People Connect, a proprietary mental health treatment solution based on DSM diagnostics, AI-driven clinical matching, and collaborative care with therapists and psychiatrists. Plotkin holds a bachelor of arts degree and social work degree from Ryerson University and a master of social work degree from the University of Toronto; she has completed the corporate directors program at the University of Toronto's Rotman School of Management and is the immediate past president of the Employee Assistance Society of North America.