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Ms. Stich serves as Vice President, Content, for the International Foundation of Employee Benefit Plans. In this role, she oversees the International Foundation's educational programs, including online learning courses, webcasts, virtual conferences and more than 100 annual face-to-face educational events. As an employee benefits expert, Ms. Stich closely follows emerging employee benefits issues and trends, ensuring that the Foundation's 33,000 members, who represent more than 25 million lives, are informed. Ms. Stich regularly speaks on health care, retirement and other employee benefit topics and has been quoted by numerous media outlets including The Wall Street Journal, USA Today, Forbes and CNBC. She is involved with the Society of Actuaries' Committee on Post Retirement Needs and Risks and the Employee Benefit Research Institute's Financial Wellbeing Research Center. She is an Associate Editor of the Journal of Financial Service Professionals. Ms. Stich is a member of the International Society of Certified Employee Benefit Specialists and the Pension Research Council. She holds the Certified Employee Benefit Specialist (CEBS) professional designation, a master's degree in library and information science and a bachelor of arts degree in English and history from the University of Wisconsin–Milwaukee.

