



Sarah Beech
President, Pal Benefits

Sarah Beech is the President of Pal Benefits, working out of the Toronto office. She is responsible for the overall management and operation of the firm.

Sarah has more than 27 years' experience in the benefits industry. She began her career as an underwriter with a major Canadian insurance company, becoming the department supervisor within two years. She joined Hewitt Associates, a global human resources and outsourcing firm in 1990, where she eventually led the benefits consulting practice and, later, the entire Canadian consulting operation. She joined Pal Benefits in 2012.

In her current role, Sarah creates and implements the firm's business and marketing strategies, and builds, develops and manages new and existing client and third-party relationships.

Sarah is a member of the advisory boards of *Benefits Canada* magazine and the annual *sanofi-aventis Healthcare Survey* and is frequent spokesperson and author on the topic of employee benefits. She has a Bachelor of Arts degree from McGill University.