



KRISTEN KRAPF

DIRECTOR, BENEFITS COMMUNICATION +
ENGAGEMENT

 SHE/HER/HERS

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 LINKEDIN.COM/IN/KRISTENKRAPF/

EDUCATION

B.A. in Journalism – University of
Missouri-Columbia

DESIGNATIONS

Health, Accident, and Life Producer
License

EXPERTISE

Employee Communications +
Engagement

FAVORITE QUOTE

"Attitude is the little thing that
makes a big difference."
- Winston Churchill

Kristen Krampf joined the MJ team as the director of benefits communication + engagement within our Employee Benefits department. In her role at MJ, Kristen oversees the benefits communication team to ensure the delivery of high-quality content to our clients. She is responsible for developing client-specific health and wellness campaigns and working cross-functionally with various teams while tailoring custom communication strategies with clients around their employee benefit plans.

Prior to joining MJ, Kristen spent more than a two decades leading and strengthening her communication skills in her previous roles. From managing multiple teams to owning her practice, Kristen strives to serve her passion for creating a strong line of communication and collaboration within organizations.

Outside of MJ, Kristen enjoys spending quality time with her family by gathering for outdoor adventures and partaking in impromptu dance parties with her son. Aside from her time spent tending to her garden, Kristen often finds herself brushing up on her guitar and piano skills.