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**FOR IMMEDIATE RELEASE**

## **Insight Performance Expands Insurance Agency Team, Promotes Human Resources Executive**

**Dedham, Mass. – December 18, 2013** – Insight Performance, a human resources and employee benefits consulting firm, announced that it has expanded its insurance agency team by hiring Meredith Lang as Account Manager. Insight has also promoted Nicole Grosso to HR Business Partner within the human resources consulting practice. These appointments are a result of the ongoing success of Insight both in terms of its new insurance business and its core HR consulting services.

As an account manager for Insight Insurance Agency, Meredith Lang is responsible for working closely with Insight's clients and advisors to support their employee benefit plans. She is instrumental in coordinating services between insurance carriers and clients to ensure seamless implementation of employee benefit programs, improved communication of employee benefit offerings and employee education. Lang joins Insight from NFP Corporate Services where she managed client renewals and addressed client questions and issues. She also served as a Premium and Claims Analyst at a regional reinsurance company where she assisted clients in managing their self-funded group health plans. She holds a Bachelor of Science Degree in Communications from Salem State University.

"I am thrilled to welcome Meredith to the Insight team," said Michael Ward, President of Insight Performance. "When we launched our insurance agency practice earlier this year, we knew we wanted to offer our clients superior service along with outstanding benefits packages. Meredith is a perfect fit and will help us as we continue to grow the new practice."

Nicole Grosso has been promoted to Business Partner within Insight's HR consulting practice. In her expanded role, she is integral in providing guidance and counsel to management and employees regarding all work-related issues including the preparing and interpreting of policy and procedures, benefits administration, multi-state and federal compliance, hiring and dismissal protocols, compensation interpretation, new hire orientation and employee relations issues. Grosso joined Insight in 2011 as an HR consultant.

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Prior to joining Insight, Grosso held numerous HR positions at the corporate office of Enterprise Rent-A-Car. She holds a Master's of Science Human Resources Management degree from Emmanuel College and a Bachelor of Arts, Communications degree from Westfield State College.

“Since joining Insight’s HR consulting practice a few years ago, Nicole has proven her tremendous interpersonal skills,” Insight’s Founder and CEO, Nancy Mobley, said. “She places a high priority on building solid relationships with her colleagues and clients and is a great asset to Insight. I’m so pleased to promote her, as she is very well-deserving of her expanded responsibilities.”

Lang reports to Darren Ambler, Managing Director for Insight Insurance Agency in the firm’s Salem, MA office. Grosso continues to report to Rebecca Blake, Director of Client Services and fulfills her role out of Insight’s headquarters in Dedham, MA.

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### **About Insight Performance, Inc.**

Founded in 1995, Insight Performance, Inc. is a strategic human resources consulting firm that works with small and mid-sized companies to build exceptional workplaces. The firm, with offices in Dedham and Salem, Massachusetts, provides proven and cost-effective HR solutions to help companies, in a wide range of industries, solve real-world problems, and achieve their business goals. Insight Performance has been named a “Best Place to Work in Massachusetts,” the national recipient of Employer of the Year and Best Overall Company of the Year for Service Businesses (under 100 employees), and was a national finalist for Best Human Resources Organization. Additional information can be found at [www.insightperformance.com](http://www.insightperformance.com).