



Dedham Executive Center
990 Washington Street, Suite S109
Dedham, MA 02026

T: (781) 326-8201

F: (781) 326-6048

<http://www.insightperformance.com>

FOR IMMEDIATE RELEASE

Insight Performance Promotes Jane O'Connor To Director, Business Development

Dedham, Mass. – April 17, 2014 – Insight Performance, a human resources and employee benefits consulting firm, announced that it has promoted Jane O'Connor to Director of Business Development. She is responsible for leading the business development and growth of Insight's consulting practice.

Prior to her new role, O'Connor spent the last seven years at Insight as Senior Business Advisor. Over the last four years, Insight's business has doubled in size and the growth has been largely attributable to O'Connor's leadership and ability to partner with Insight's clients to grow exceptional workplaces. Her previous experience was in the graphic design industry where she actively engaged with CEOs, doing solution-based selling.

"I am absolutely thrilled to give this well-deserved promotion to Jane," said Michael Ward, President of Insight Performance. "We've seen extraordinary growth over the past several years, and Jane's attention to client relationships has been a true contributing factor. Her overall approach to partnering with small and mid-sized businesses to develop and sustain them as exceptional workplaces has been integral to our success. I have no doubt Jane will continue to be an inspiration to others, both internally and within the client community."

O'Connor is a resident of Needham, Massachusetts.

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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 Danvers, 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.