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**FOR IMMEDIATE RELEASE**

### **INSIGHT PERFORMANCE PROMOTES THREE OUTSTANDING EMPLOYEES**

DEDHAM, MA – September 4, 2012 – Insight Performance, Inc., a strategic human resource consulting firm to the small and mid-size market, today announced the promotion of three of its associates. Sheila Connelly Scott has been promoted to Director, Client Relations; Amy Scannell has been promoted to Director, Client Engagement; and Rebecca Blake has been promoted to Director, Client Services.

Sheila Scott has been with Insight Performance for the past two and a half years. In her new role, Scott serves as Insight's lead subject matter expert on delivery based relations, oversight and consistent implementation, and execution of programs with Insight's retainer clients. Scott was promoted from a human resources business partner position. Prior to joining the company, she held an HR Manager position at Wandrian Corporation and previously served as Senior HR Business Partner for IBM and Lotus Development Corporation. Scott graduated from Saint Michael's College with a Bachelor of Science degree and resides in Needham, MA.

Amy Scannell joined Insight Performance in 2007 as an HR Business Partner. In her new role as Director, Client Engagement, she takes on greater leadership and responsibilities in terms of engaging with clients to understand their specific needs, to deliver solutions and ensure client satisfaction. Scannell has over 20 years of experience in the HR field, both internally as a practitioner and externally as a consultant. She has experience working in the education, insurance and consulting fields. She holds a Bachelor of Arts degree from Mount Holyoke College and resides in Walpole, MA.

A 10-year veteran of Insight Performance, in her new role as Director, Client Services, Rebecca Blake serves as the organization's lead to manage, track and report key performance measurements for the team. She develops and implements processes and procedures to improve operational efficiency and oversees cross-functional work relations targeted at resolving issues raised by clients, while maintaining broad HR director responsibilities. Previously, Blake was a Client Services Manager and also has served as an HR Consultant and Operations Manager at the company. Prior to joining Insight, Blake worked in the financial services and public relations industries. She holds her Bachelor of Arts degree from Manhattanville College in Purchase, NY and is a resident of Millis, MA.

"I am thrilled to promote Sheila, Amy and Rebecca to their new director roles at Insight Performance," said company founder and CEO, Nancy R. Mobley. "At Insight, we are all strongly committed to 'walking the talk' when it comes to exceptional workplaces. We thrive to help our clients create an environment where human capital aligns with a successful business strategy, and also make sure that each of our *own* decisions regarding the direction of our business does the same. Promoting these three outstanding star performers is evidence of this dedication."

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

Founded in 1995, Insight Performance, Inc. is a strategic human resource consulting firm that works with small to mid-size companies to build exceptional workplaces. The firm 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 has won sixteen awards for being their own exceptional workplace including one of the top five companies in “Best Place To Work in Massachusetts”, national recipient for Employer of the Year, national recipient of Best Overall Company of the Year for Service Business and national finalist for Best Human Resources Organization. [www.insightperformance.com](http://www.insightperformance.com)