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Form ADV Part II Brochure Dated 1/1/2012

This brochure provides information about the qualifications and business practices of Benefit & Investment Consulting, LLC. If you have any questions about the contents of this brochure, please contact us at 507-288-5506 or christie@biconsultingllc.com. The information in this brochure has not been approved or verified by the United States Securities and Exchange Commission or by any state securities authority.

Additional information about Benefit & Investment Consulting, LLC. also is available on the SEC's website at www.adviserinfo.sec.gov

Item 2: Material Changes

none

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Item 4: Advisory Business

Services Provided – Benefit & Investment Consulting, LLC. was established in 2005. Our mission is to provide professional consulting services for institutional clients in a manner that is both independent and objective. The firm serves clients of different types throughout the United States. Services range over three areas:

1. **Stable Value Fund Management** – Benefit & Investment Consulting can assist your organization in the management of a Stable Value Fund. We apply prudent management techniques in the key areas of:
 - a. Credit Analysis
 - b. Diversification
 - c. Contract Management
 - d. Liquidity Management
 - e. Duration Decisions
 - f. Asset Allocation Decisions
2. **Investment Services**
 - a. Assistance in creating Investment Policy Statements
 - b. Guidance in the selection of money managers
 - c. Monitoring of ongoing investment performance
3. **Employee Benefits** – Benefit & Investment Consulting services the entire spectrum of employee benefits such as:
 - a. Traditional pensions and profit sharing plans
 - b. Group Life insurance and disability income plans
 - c. Employee stock ownership and executive deferred compensation plans.

We tailor our advisory services to the individual needs of each client. We do not participate in wrap fee programs and we do not manage assets on a discretionary basis. As of 12/31/11 assets managed on a non-discretionary basis was \$83 million.

Principal Owner – Christie A. Atwell, CFA is the President of Benefit & Investment Consulting, LLC. which was founded in July 2005. Date of Birth September 4, 1975.

1. **Educational Background and Business Experience** – Christie A. Atwell, CFA earned a Bachelors of Science in Business Finance Investment & Banking from the University of Wisconsin Madison in 1996 and holds the Chartered Financial Analyst (CFA) designation (earned 2001). The CFA is a graduate level program that combines a broad based curriculum of investment principles with professional conduct requirements. Prerequisites of a CFA charter include (1) a bachelor's (or equivalent) degree; (2) sequential passage of three annually-administered exams (levels I, II, III) based on a defined curriculum; and (3) maintenance of specified professional and ethical standards.

2. Disciplinary Information – No events.
3. Other Business Activities – None.
4. Additional Compensation – None.

Item 5: Fees and Compensation

1. Hourly charges = \$200/hr non-negotiable. Billed monthly in arrears.
- OR
2. Percentage of assets under management. Billed monthly in arrears.
20 basis points on the first \$100 Million
15 basis points on the next \$100 Million
10 basis points thereafter

There are no other fees paid directly to our firm. Specifically, our employees do not accept any other compensation via commissions or referrals and we are not affiliated with anyone or any other firm. Clients may incur brokerage and other transaction costs which would be paid directly to their custodian.

Item 6: Performance-Based Fees and Side-By-Side Management

We do not accept performance based fees.

Item 7: Types of Clients

Our typical clients are Defined Contribution Plans, Endowments, Foundations, and Other Non-Profits.

Item 8: Methods of Analysis, Investment Strategies and Risk of Loss

Types of Investments – Benefit & Investment Consulting, LLC. provides consultative investment services covering many types of investments. Our primary specialty involves Stable Value Investments. Stable Value is a unique asset class offering defined contribution plan participants intermediate term returns and liquidity (subject to plan rules) without market value risk or other penalty. This is typically accomplished through a wrap contract or investment contract that guarantees the payment of plan related benefits at book value. Many large insurance companies issue investments called Guaranteed Investment Contracts, otherwise known as GICs. A GIC is a group annuity contract that pays a specified rate of return for a specific period of time, offers book value accounting, typically pays benefits to plan participants and provides annuities upon request. We assist clients in building a ladder portfolio of GICs to create a Stable Value Fund for a defined contribution plan. Such portfolios may also utilize GIC alternatives which are defined as a Stable Value product that separates the book value accounting feature from the control and/or management of the assets of the contract (i.e. synthetic GIC contracts).

Methods of Analysis & Sources of Information – Benefit & Investment Consulting, LLC. employs primarily Fundamental security analysis techniques. The main sources of information used are financial newspapers, corporate rating services, annual reports, and prospectuses, filings with the Securities and Exchange Commission and company press releases.

Risk of Loss – Investing in securities involves the risk of loss. In regards to Stable Value investments despite the fact they are called “Guaranteed” Investment Contracts they are still only as good as the issuer backing them. Almost all traditional GICs are backed by the issuer’s General Account. If an insurance carrier fails then a GIC contract may still be at risk of losing value.

Item 9: Disciplinary Information

Benefit & Investment Consulting, LLC. and it’s owner Christie A. Atwell, CFA have never been involved or named in any disciplinary event.

Item 10: Other Financial Industry Activities and Affiliations

Benefit & Investment Consulting, LLC does not have any relationships that would constitute a conflict of interest. Specifically, we do not have relationships with any broker dealer, investment company, bank, accountant, lawyer, insurance company or any other party that would cause a conflict of interest. We do not accept any compensation directly or indirectly from outside sources and we do not have any other affiliations that would cause us to have a conflict of interest with our clients. We are not registered, or have an application pending to register, as a broker-dealer or a registered representative of a broker-dealer. We are not registered, or have an application pending to register, as a futures commission merchant, commodity pool operator, a commodity trading advisor, or an associated person of the foregoing entities.

Item 11: Code of Ethics, Participation or Interest in Client Transactions and Personal Trading

Pursuant to SEC rule 204A-1 Benefit & Investment Consulting, LLC has adopted the Code of Ethics and Standards of Professional Conduct (Effective July 1, 2010) as published by the CFA Institute. We will provide a copy of this Code of Ethics to any client or prospective client upon request. Also, this document may be found in full at:

<http://www.cfapubs.org/doi/pdf/10.2469/ccb.v2010.n14.1>

Item 12: Brokerage Practices

Benefit & Investment Consulting, LLC does not make broker dealer recommendations for clients’ transactions. Clients will make their own custody decisions and maintain that relationship without the involvement of Benefit & Investment Consulting, LLC.

Item 13: Review of Accounts

Benefit & Investment Consulting, LLC regularly reviews client accounts. Written reports are provided by Christie A. Atwell, CFA on a quarterly basis or more frequently as per client request. Reports outline the investments within a portfolio and performance of those investments over a specified time period.

Item 14: Client Referrals and Other Compensation

Benefit & Investment Consulting, LLC does not accept any economic benefit or compensation from outside sources for providing investment advice or other advisory services to our clients. We also do not accept direct or indirect compensation for client referrals nor do we pay for client referrals.

Item 15: Custody

Benefit & Investment Consulting, LLC does not take custody of client funds at any time. Clients must select their own custodian.

Item 16: Investment Discretion

Benefit & Investment Consulting, LLC does not accept discretionary authority to manage securities accounts on behalf of clients.

Item 17: Voting Client Securities

Benefit & Investment Consulting, LLC does not accept authority to vote client securities. Clients will receive their proxies or other solicitations directly from their custodian or a transfer agent. If we do receive any proxies for clients they will immediately be forwarded to the client.

Item 18: Financial Information

Benefit & Investment Consulting, LLC does not require or solicit prepayment of fees from clients. We do not have discretionary authority or custody of client funds or securities. Also, we have not been the subject of a bankruptcy petition at any time during the past ten years.