

At Deloitte, **Empowered Well-being** is our holistic approach to giving our people support and flexibility to make daily choices that personalize their experiences. Through programming, subsidies, and resources that promote emotional and physical well-being, we strive to ensure our teams are empowered to prioritize their body, mind, and purpose.

## WorkWell

A Deloitte podcast series to empower your well-being



### PODCASTS

The [WorkWell podcast series](#) is a collection of conversations with thought leaders on ways to create a culture of well-being at work. It covers themes like mental health, building resilience, technology use, and finding purpose. Search **“WorkWell”** on your favorite podcatcher.

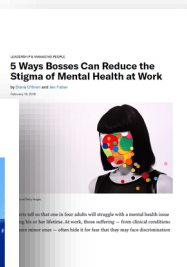
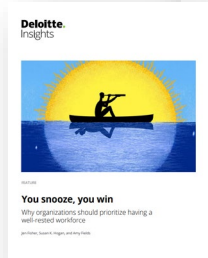
A special **COVID-19 Edition series** highlights how you can help yourself build resilience by managing stress and anxiety, showing empathy for yourself and others, maintaining human connection, and creating healthy habits.

### INSIGHTS

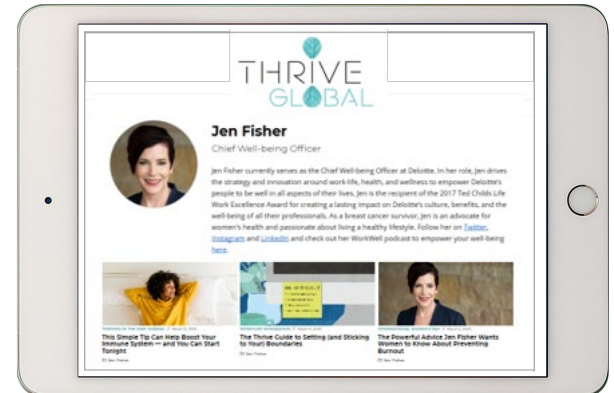
Deloitte publishes a variety of transformative content on the latest well-being insights, including case studies, surveys, research, and articles.

Take a look at our latest insights on why organizations should prioritize having a well-rested workforce and tips to drive a more empathetic culture.

#### You snooze, you win



#### 5 Ways Bosses Can Reduce the Stigma of Mental Health at Work

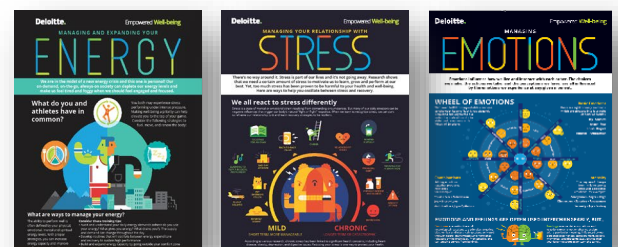


### OTHER CONTENT

Deloitte’s Chief Well-being Officer, Jen Fisher, contributes and curates content related to all aspects of well-being on Arianna Huffington’s [Thrive Global](#) platform, including its [Work-Life Integration Hub](#).

### INFOGRAPHICS

A series of how-to guides that provide tips and guidance for empowering well-being.



**Managing stress:** We all react to stress differently.

**Taming technology:** Is technology a friend or foe?

**Managing energy:** Fuel, move, and renew the body.

**Supporting mental health:** Remove barriers; promote healing.

**Managing emotions:** Create better human connections.



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Jen drives the strategy and innovation around work-life, health, and wellness to empower Deloitte’s people.



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