

## **Talent Connect Summit**

TALENT SPOTLIGHT | OCTOBER 21, 2025

# Aligning what matters: well-being and business performance

Well-being at work isn't a nice-to-have anymore. It's business-critical. Join us to hear how top companies are helping employees manage energy, build resilience, and stay connected while delivering results.



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Well-being is central for organizations that aspire to grow and thrive. Leaders need to prioritize brain health as a strategic lever for cognition, creativity, and clarity, and employers must recognize that quality jobs support business impact.

#### **Straight from the Host:**

"Turn today's insights into action — because progress begins when ideas move from conversation to courageous implementation." - David White

### **Key Takeaways:**

- Hardwiring healthy ways of working ensures resilience across planning, delivery, and leadership.
- Weave well-being into culture, to make health and movement a natural part of work and life.
- Job quality matters mentorship, skill-building, and fair scheduling strengthen retention and productivity
- Listening and acting on employee feedback builds trust, engagement, and long-term success.

#### **Practical Tips & Actions:**

- Leaders should openly prioritize well-being to set the tone for teams.
- Provide autonomy and reasonable workloads to reduce costly burnout.
- Treat well-being as a skill that can unlock performance at every level.