

THE CCWOMEN NEWSLETTER

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Editorial by Grace Gilbert

STOP SPLITTING DONUTS: 3 WAYS TO MAKE WORKPLACE WELLNESS MORE INCLUSIVE

Wellness. The word might fill you with joy, or it might make you shudder. Perhaps you have been a victim of a bad workplace wellness program. So how can workplaces promote wellness in a healthy, inclusive way?

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4 BOOKS TO KICKSTART YOUR SELF-CARE JOURNEY THIS FALL

As Fall comes back around, the kids go back to school, and summer Fridays turn into, well, regular Fridays, it's time to refresh our understanding of self-care.

[READ NOW](#)



Editorial by Grace Gilbert



Podcast by Grace Gilbert

#23 STRATEGIES FOR LEADING WITH EMPATHY Julia Anas

Leading with empathy is not just a buzzy phrase. It is proven to make teams stronger and happier, and when teams are stronger and happier, workplace productivity skyrockets. Julia Anas, Chief People Officer at Qualtrics, is here to tell us exactly how we can lead with empathy in measurable ways, even when every employee has different needs.

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