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Podcast Episode

WorkedUp: An Important Conversation About Mental Health At Work

August 12, 2019

In this important and topical episode, Matt Steinberg welcomes Meg George, the head of Akerman's Wellness Initiative and Akerman's Chicago Office Managing Partner for an honest conversation about society's collective mental health at and surrounding work, why it is imperative for employers to better educate and train their employees on mental health issues, the importance of fostering employee engagement, and how, in our increasingly frenetic lives, we can all develop and sustain healthy habits.

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About the Akerman WorkedUp Podcast

The Akerman WorkedUp Podcast explores the ever-changing employment law and human resources landscape and features a diverse set of guests, including defense lawyers, plaintiff-side lawyers, in-house counsel, business executives, government agency representatives, and other thought leaders. Hosted by Akerman Labor and Employment partner, Matt Steinberg, WorkedUp combines candid discussions, practical insights, and comic relief for the legal and business community. Subscribe on your mobile device (iOS / Android).

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