



AMERICAN BENEFITS COUNCIL



Benefits Passport Webinar: Workplace Wellness in the Telework Era

Joint Webinar of American Benefits Council with Cross Border Benefits Alliance-Europe

Thursday, April 8, 5 pm CET

The Cross Border Benefits Alliance-Europe (CBBA-Europe), in partnership with the American Benefits Council (ABC), will host a one-hour **Benefits Passport Briefing webinar** on **Thursday, April 8, at 5 p.m. Central European Time (CET)**, to examine how employers can promote mental health and wellness among an increasingly remote workforce.

Across the globe, the COVID pandemic has made telework a more common way of working rather than an exception. While widespread remote work has its advantages and may continue into the future, it has revealed challenges for on mental health and wellness, such as:

- the potential for loneliness and the need for human and social interaction with colleagues/
- stress to work efficiently from home.
- difficulties to reconcile their private and professional environment.
- physical health caused by sedentary work at home.

With the pandemic receding thanks to the vaccine, this webinar will examine and compare how employers in North America and Europe are supporting employees in returning back to work and how to strike the right balance between telework and on-site work. **Lynn Dudley**, *senior vice president, global retirement and compensation policy*, will moderate a discussion among:

- [**Francesco Briganti**](#), *Secretary general, CBBA-Europe*

- [**Michael Mullins**](#), *Director of international benefits, wellness, mergers and acquisitions, global programs and policies for The Walt Disney Company and chair of the Council's Global Benefits Committee*
- [**Richard Polak**](#), *Council senior advisor, global affairs*
- [**Vincent Delbaere**](#), *HR director, Euroclear*
- [**Kennette Thigpen**](#), *VP of Clinical Crisis & Specialty Services at Workplace Options*

The webinar will conclude with a question-and-answer session. Please send any advance questions to Francesco Briganti at Francesco.briganti@cbba-europe.eu

Registration at the following link:

<http://admin.americanbenefitscouncil.org/abc/index.cfm?fuseaction=home.register&callID=684>

