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WORKPLACE OPTIONS
***MARKETING
NEWSLETTER***



Leading through change: A guide to workplace wellbeing and AI readiness

World Mental Health Day: A Guide for Workplace Leaders

Each year, World Mental Health Day invites us to consider: "How do we respond when people are struggling—and how can we support them sooner?"

The longer we wait to step in with support, the higher the cost—in productivity, retention, and human dignity. That is why proactive wellbeing matters, and why it represents the next era of employee health.

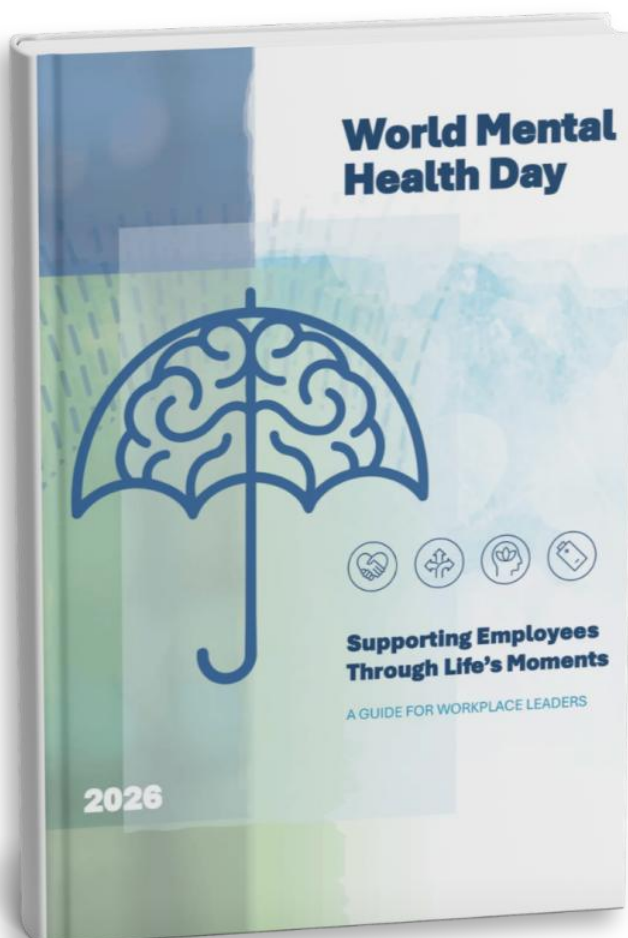
At Workplace Options (WPO), we understand that the best support arrives early, during life's pivotal moments—whether that's starting a new job, welcoming a child, receiving a health diagnosis, or losing someone close. These are moments when presence and guidance truly matter, and when proactive support can make a powerful difference.

To help organizations switch from reactive care to proactive intervention, we've created a free planning guide for leaders providing practical guidance on how to prevent mental health crises and build systems of support that last year-round.

Inside, you'll find:

- A roadmap for managers on how to observe World Mental Health Day
- Global insights into workplace and wellbeing concerns
- Case studies highlighting our continuum of care

Download the [planning guide](#) today—and take the first step toward a healthier workplace.



The AI adoption gap: the human element

AI adoption isn't a tech problem. It's a people problem. Without a clear strategy to align organizational readiness with AI advancement, leaders not only risk forfeiting ROI; they also risk a performance crisis.



The **latest white paper** from [The Center for Organizational Effectiveness \(COE\)](#) cuts through the hype to identify what's behind this growing adoption gap. Drawing on clinical insights from wellbeing professionals across **47 global markets**, the report examines four converging factors undermining current adoption strategies—workforce health, psychological safety, organizational trust, and manager capacity—and provides a definitive roadmap to cultivating an AI-ready workforce.

"The question is not whether AI will reshape your organization," Managing Director [Donald Thompson](#) asserts in the report's conclusion, "The question is whether the human systems around it are strong enough to make that reshaping work in your favor."

The window to act is closing. [Download the white paper now](#) to see where your organization stands—and how it can build the human infrastructure necessary to maximize AI's returns.

Why Mental Health is Mission Critical: A Conversation with Dr. Kennette Thigpen, LCSW

Attention to mental health is not a workplace benefit. It is the factor that makes or breaks your workplace.

As World Mental Health Day reminds us, wellbeing is crucial for business performance. When employees feel overwhelmed, unsupported, or burned out, the bottom line suffers—even if leaders can't immediately see the connection.

In a thought-provoking episode of the [High Octane Leadership Podcast](#), COE Managing Director Donald Thompson sits down with TELUS Health's Chief Clinical Officer Dr. Kennette Thigpen to explore why psychological safety is key to high-performing workplaces and how leaders can approach mental health conversations with confidence.

[Read the article](#) or [listen](#) to the podcast now.

Suicide Prevention in the Workplace: A Free Guide for Leaders

It's never too late to re-write the story.

Each year, suicide claims the lives of over 70,000 people worldwide. Yet as awareness grows, each year also offers hope: the chance to save 70,000 lives—and meaningfully improve countless more.

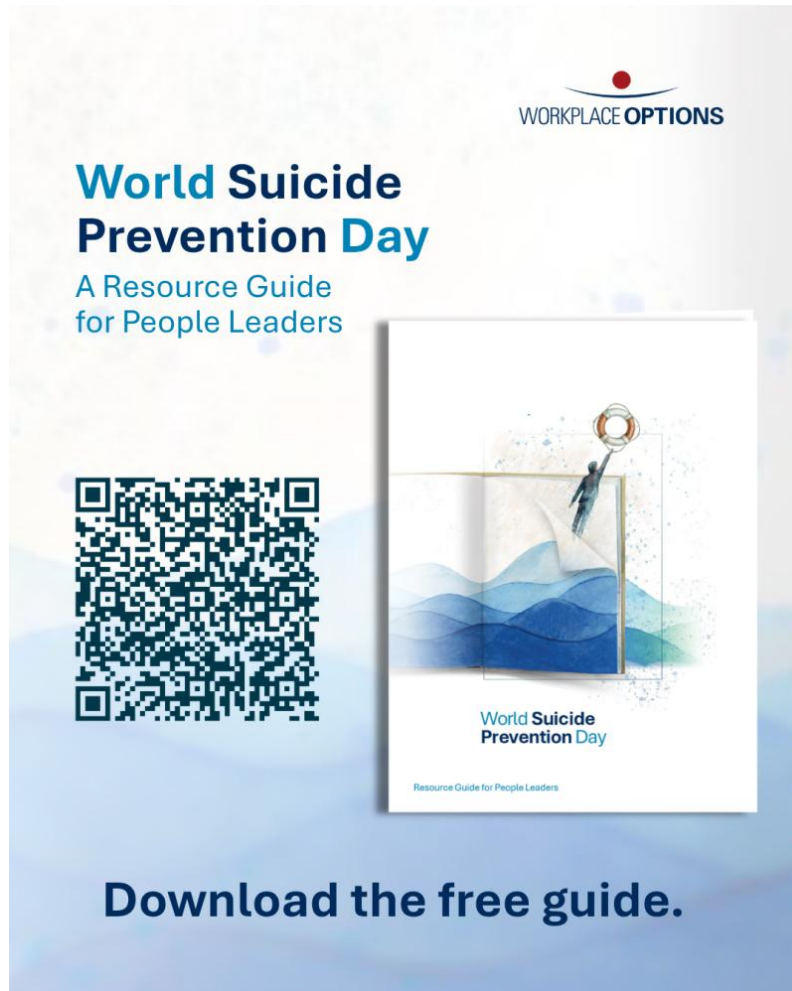
As the place where people spend at least a third of their lives, the workplace plays a crucial role in fulfilling this mission. By embracing their duty of care, employers can ensure mental health support is **timely, accessible, and integrated into everyday experiences**—instead of being reserved only for critical moments.

To help organizations get started, Workplace Options has created a **free resource guide** dedicated to strengthening suicide prevention through **psychological safety** and **psychosocial risk management**.

Inside, you'll find **practical guidance** on how to:

- Recognize and respond to early warning signs
- Intervene effectively in moments of crisis
- Mitigate workplace risks before they escalate
- Embed mental health support into the everyday work experience

[Download the guide today.](#)



Tackling Caregiver Burnout at Work: A Conversation with [Sarah Wood, MSW](#)

Balancing work and caregiving can take a toll on wellbeing. New findings show that nearly 40 percent of caregivers experience high levels of burnout.

In a new episode of Wellbeing at Work, **Vice President and General Manager of Emerging Solutions Sarah Wood** explores the factors behind the rise in caregiver burnout and what organizations can do to provide targeted support.

"Something I hear often from working caregivers is, 'Something happened and I don't even know where to begin.' Our [Child and Family Wellbeing program](#) helps break down complex caregiving challenges into manageable steps, connecting caregivers with the guidance, resources, and support they need to move forward."

[Tune in now](#) on Apple Podcasts, Spotify, YouTube, or on the WPO webpage—or read an excerpt from the conversation [here](#).

Addressing Teacher-Parent Burnout: A Conversation with Dr. Kennette Thigpen

Caring for children—whether in the classroom or at home—is one of life’s most gratifying yet taxing responsibilities. **Balancing both roles is a recipe for burnout.** This is exactly what the latest [TELUS Health Mental Health Index \(MHI\)](#) revealed, as teachers with children reported significantly lower mental health scores than their childless peers.

In a new episode of Wellbeing at Work, **Chief Clinical Officer Dr. Kennette Thigpen** examines the unique stressors driving higher rates of burnout among teacher-parents—and the power of targeted services in fostering resilience.

“The schools that will thrive in the future won’t simply offer more wellbeing programs. They’ll actually create workplaces where teachers don’t have to choose between being an exceptional educator and being a present parent.”

[Tune in](#) now on Apple Podcasts, Spotify, YouTube, or on the WPO webpage—or read an excerpt from the conversation [here](#).

Thanks for reading.

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