

# MENTAL HEALTH FOR PERFORMANCE

## WHY CREATE A PODCAST SPECIFICALLY FOR LEADERS AND BUSINESS ENVIRONMENTS?

ADRIENNE LESLIE-TOOGOOD & MICHELLE SAWATZKY-KOOP

Create environments where people thrive, achieve and want to stay.

Because the working world has been bombarded with continual change in recent years. Specifically, what people need and want from their work environments is evolving. Workplaces need to value more than performance – they must value the person too – if they want to thrive now and into the future. But how?

*“Are we really ok with not being ok? I think we are struggling with what to do with that. And I think we are struggling with how to hold ourselves accountable at the same time.”*

The complexity of today's important issues can be daunting. What are today's workplace priorities? How are others evolving? What are the characteristics of a work environment that will attract, retain and bring out our best at work? Listen to people who are leading the way:

### NEW LEADERSHIP FUNDAMENTALS FOR THE POST-PANDEMIC WORKING WORLD

[Dave Angus](#)  
[Sheldon Kennedy](#)  
[Ogo Okwumabua](#)

### HOW TO BE A LEADER PEOPLE WANT TO WORK FOR

[Susan Cockle](#)  
[Gloria Balague](#)  
[Barry Jansen](#)

### BUILDING CULTURE

[Gene Muller](#)  
[Jennifer Walinga](#)  
[Jessica Vliegenthart](#)  
[Peter Davis](#)

### EQUITY, DIVERSITY & INCLUSION

[Teri Dennis-Davies](#)  
[Jessica Vliegenthart](#)

And how do Adrienne and Michelle wrap up the learnings? In [the final episode](#) of Season 1, Adrienne reminds us that:

*“Usually people with power and authority unknowingly aren't getting all the information. So when you do get truthful information – even when it's hard to hear – it is a gift. It's very important what you do with that. How you respond and react in that moment will determine whether or not you'll continue to get truthful information.”*

Listen and learn, experiment and practice. Anyone can open the conversation – in their own way – and do better than they did yesterday.