

# Webinar: Prioritizing Your Wellbeing

## Watch On Demand

In our latest webinar we tackle strategies for keeping your wellbeing at the forefront as you toggle working from home or transitioning back to the office.

Every organization is on a different journey when it comes to determining when they will return to the office. While some organizations have invited employees back, many are choosing to remain home for a while longer. Working from home has some benefits, but research shows it is often associated with burnout, social isolation and challenges in productivity. In this on-demand webinar, learn how to balance the challenges and benefits of working from home, as well as how to make the transition back to the office. Join us for a discussion about the experience of work, when and if you should return to the office and what to expect when you get there — all tied to your wellbeing.

## Meet Our Hosts

Dr. Tracy Brower is a PhD sociologist and a principal with Steelcase's Applied Research + Consulting group. Tracy studies the sociology of work and the changing nature of work, workers and workplace. She is the author of *Bring Work to Life by Bringing Life to Work* and a contributor to [Forbes.com](https://www.forbes.com) and Fast Company. You can find her on LinkedIn, Twitter or at [tracybrower.com](https://tracybrower.com).

Gary Strehlke, MS has worked in the corporate wellness field for 17 years, focusing on exercise physiology, corporate wellness management, fitness management, neuroscience and mental health. As the Steelcase Wellbeing Navigator, Gary assists with improving all dimensions of employees' wellbeing by connecting them with services to improve aspects of their physical, emotional and social health.

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