

utm_campaign=

()

Menu

Back to Schedule

Wednesday, February 7 • 12:00pm - 1:30pm

Addressing Mental Health at Work

Log in (/login) to save this to your schedule, view media, leave feedback and see who's attending!

<https://sched.co/1Xe>

Tweet

Share

(<https://twitter.com/psd4u/webcast?m=1>) (https://www.facebook.com/dialog/share?app_id=271868178093061&redirect_uri=https%3A%2F%2Fsched.co%2F1XeGS&type=share)

Life is full of challenges, sometimes it's hard to find the time to take care of your personal health and growth over work. Whether you're an employee seeking support or a manager looking to support your team members better, this event is for you. Learn how to communicate needs effectively, reduce stress, and build a workplace culture that values and supports mental health and neurodiversity. Hear from our wonderful panelists about their personal journeys, how they recognized they needed help, and what resources they accessed. We hope this talk will help you navigate similar situations.

Moderators



Joanne Bolt (moderator/joannebolt)
Product Delivery Lead, Writer and Podcast Host, Advantage Group International

These days I'm a consultant in product delivery, a writer and a podcast host, and I love all of it!In my consulting engagements I get to put my experience of a career in tech to work; helping cross-functional product teams multiply their impact by working better together, centering... Read More → (moderator/joannebolt)

Speakers



Vaishnavi (speaker/vaishnavi.subramanian)
Software Engineer, EA

I am a seasoned software engineer with over 14 years of full-stack development experience and around 12 years of development experience in Agile Framework. I have significant expertise in analyzing business requirements and translating business needs to software designs and implementing... Read More → (speaker/vaishnavi.subramanian)



Ali Nava Gauna (speaker/anava4)
Technical Artist II, Electronic Arts

I'm a latin woman working in the movie/game industry as a technical artist for 10+ years. I'm currently working at Electronic Arts in Football Club.A few years ago, I had postpartum psychosis after delivering my baby. This sent me in a journey to re-discover myself through help... Read More → (speaker/anava4)

Wednesday February 7, 2024 12:00pm - 1:30pm PST
Amazon YVR26 (venue/Amazon+YVR26)
Adapt & Thrive (type/Adapt+%26+Thrive)

Feedback form isn't open yet.

Attendees (3)



Need help? View Support Guides (<https://sched.com/guide-category/guide-for-attendees/>)
Event questions? Contact Organizer (/contact?)
TB_iframe=true&height=550&width=450)

Powered by Sched Event Planning App (<https://sched.com/conference/>)
©2024 Sched (<https://sched.com>) • About (<https://sched.com/about>) • Privacy (<https://sched.com/privacy/>) • Terms (<https://sched.com/terms/>)