

Podcast

The Year Ahead in Wellness

By Michael D. Thomas & Michael A. Griffin

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Meet the Authors



Michael D. Thomas

Principal

(949) 885-5240

Michael.Thomas@jacksonlewis.com



Michael A. Griffin

Office Managing Principal and

Office Litigation Manager

(206) 626-6416

Michael.Griffin@jacksonlewis.com

Details

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Even though workplace conversations about mental health and wellness have become more acceptable, most employers are not therapists. Jackson Lewis principals Michael Griffin and Michael Thomas discuss how employers can establish a better baseline beyond legal obligations to reap the benefits that come from a workplace where employees are healthy, show up fully and thrive.

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