

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



BUSINESS



Out of the Comfort Zone

with Wanda Wallace

Out of the Comfort Zone

Friday at 11 AM Pacific

September 27th 2019: Emotional Health at Work with Jochen Menges

Well-being at work at work is a hot topic lately, usually because companies want a more engaged workforce who has less burn-out, fewer illnesses and sticks around longer. To that end, companies have launched a variety of programs from mindfulness to mediation. Do they work? What should each of us be striving for? How do we know if we have good emotional health or not? What does it mean leaders of teams need to do? Tune in for answers and much more.

[DOWNLOAD PDF](#)

[GET CODE](#)

Tune in

Friday at 11 AM Pacific Time
on VoiceAmerica Business
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?

Call In Live! Call-In

Toll Free: 1-866-472-5790

Intl: 001-480-398-3352

Featured Guest



Jochen Menges

Jochen Menges is a professor of leadership at the University of Zurich and a lecturer at the University of Cambridge. His award-winning research explores how leaders can successfully inspire people to pursue collective goals and to work together in ways that contribute to their productivity, well-being and happiness.

[Read more](#)

Share This Episode

[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG