



MillerKnoll

Links following Dr Stephanie Fitzgerald's Webinar

Stephanie's website is www.soyold.com

Stephanie's Instagram: https://www.instagram.com/workplace_wellbeing/

Stephanie's Twitter/ X is: <https://twitter.com/StephFitzWrites>

Stephanie's podcasts:

- Health and Safety Angels Podcast: <https://health-and-safety-angels.captivate.fm/episode/special-episode-reworked-with-dr-stephanie-fitzgerald>
- AHDB Talking Leaders series: <https://www.youtube.com/watch?v=nxLBJ9ip3Po>
- Champion Health 12 minutes of wellbeing podcast: <https://championhealth.co.uk/insights/workplace-health-podcast/episodes/dr-stephanie-fitzgerald-rolls-royce/>

Stephanie's Articles

- <https://workplaceinsight.net/employees-dont-have-survey-fatigue-they-are-tired-of-being-ignored/>
- <https://workplaceinsight.net/yoga-is-not-a-wellbeing-strategy/#:~:text=Yoga%2C%20mindfulness%2C%20personal%20therapy%20may,get%20through%20the%20working%20day.>
- <https://workplaceinsight.net/resenteeism-destructive-contagious-and-in-your-workplace-right-now/>