

Build a workplace where people are healthy and connected

Work is one of the strongest influences on our health and relationships. Anjali Rameshbabu, PhD, helps leaders turn evidence into practical changes, from leadership behaviors to how work is designed.

WHAT WE CAN DO TOGETHER

Training and workshops

Sessions for executive leaders, managers, or all staff on social connection, loneliness, and work as a social determinant of health.

Outcome: a shared language and specific actions by role

Assessment and strategy

Using validated strategies to identify levers of wellbeing and connection in your organization.

Outcome: a prioritized, evidence-based action plan

Program design and advisory

Designing or refining wellbeing and connection programs, and advising on healthy work design.

Outcome: programs that fit your people and can be measured

AREAS OF FOCUS

Empathetic leadership

Psychological safety

Connected teams

Fair and inclusive practices

Healthy work design

HOW WE WORK

1 Discovery call

2 Tailored proposal

3 Delivery

4 Follow-up and measurement

WHY ANJALI

- Health and worker wellbeing psychologist with deep expertise in social connection, behavior change, and healthy work
- Fulbright U.S. Scholar at the forefront of national cross-sector alliances on healthy work
- Expert input to the world's first public health guidelines for social connection
- Research with workers and communities in the US, Malawi, India, and Finland

Start with a 30-minute discovery call

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