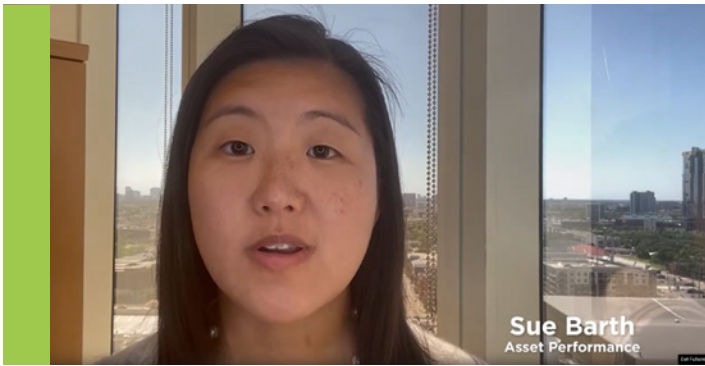


# future is now workforce well-being

## employees explore new frontiers in workplace well-being

As part of our Future is Now speaker series, Chevron welcomed Jen Fisher, the U.S. Chief Well-Being Officer at Deloitte, to talk about how companies are reimagining and redesigning work in ways that put employee well-being first. Optimizing health and well-being should be core to any company's culture but putting ideas to real-world application requires a holistic strategy that accounts for the worker, the workplace and the work environment. Done right, this powerful combination can create (or enhance) a workplace where employees are invigorated to thrive and perform at their best.

All across Chevron, colleagues have their own personal stories that highlight the many ways we put principles into practice to redesign (and prioritize) work for well-being.



## navigating motherhood offshore

Nursing mothers share a special bond with their babies. But what does a working (and nursing) mom do when she needs to go on a two-week rotation offshore for her job? She leverages the lactation support resources that are available to her through Chevron so she can continue her breastfeeding journey.

[Watch Sue Barth's story >](#)



## designing well-being from the inside

How do you promote well-being in an 24/7 operations control center? If you're Chevron Pipeline and Power, you build a well-being conscious workspace that makes it easy for employees to be physically active and designate spaces where employees can rest in order to manage fatigue.

[Get the scoop from Carrie Grant >](#)



## collaborating across time zones

As a global company, we sometimes find ourselves collaborating with colleagues from all over the world. Working across countries and continents means different time zones and crack-of-dawn meetings for some or late-night evenings for others. The good news? It's possible to find a healthful balance.

[Hear how Tanesh Naidoo does it >](#)



## putting heart health in focus

What happens when leaders see an uptick in health-related incidents? They take action to instill an even stronger culture of health, like the Gulf of Mexico business unit did after a series of medevacs for cardiovascular incidents. They rolled out a new initiative to focus on nutrition and fitness that deepened well-being in the workplace.

[Listen to Jacob Gros tell the story >](#)



## building (or strengthening) relationships

By now, we all know it can be hard to build or maintain relationships during a lockdown, but it doesn't have to be. Just ask Chevron team leads at the Gorgon Project in Australia who routinely checked in on one another as well as their teams. They also made a point to ensure new team members were warmly welcomed and socially connected with their peers.

[See what Arnie Chaiyavet has to say about it >](#)