

# An interview with Alanah Hammond from Myles Wellbeing - TAB U Podcast LIVE - S3 E8 - #TABUniversity

## Podcasts

**30.11.22**

Welcome to TAB University podcast season 3. For this season, we've changed things up and all 16 episodes were recorded live at TAB University LIVE podcast at the Finance Professional Show 2022.

For episode eight, TAB U host Katrina Hindley, head of marketing at TAB, was joined by Alanah Hammond who was at the Finance Professional show representing Myles Wellbeing. Alanah, currently a student at York University, was at the show to find out what wellbeing plans each company had in place. She agrees that open and honest communication is the first step to achieving a culture of wellbeing in the workplace.

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Myles Wellbeing: <https://www.myleswellbeing.com/>

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