

Designing Your Work Life For A Happier Future – Free Podcast

I was fortunate to be able to speak with [Cecelia & Nat](#) about Wellness & Our Careers – [‘Designing Your Work Life’](#)



[The Wellness Collective Radio Show](#), is a show with radio personality [Cecelia Ramsdale](#) & Health Educator and Dr. of Chinese Medicine [Nat Kringoudis](#) who come together to slice up and serve health and wellness information like never before.

This is a podcast from a couple of years ago, however people may find it helpful in reflecting on their careers (whether currently working or not) and thinking about how they want their work life to look in the future after this global health crisis. It is so important to take stock of what matters most to us and how we want to live and work beyond 2020.

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