One of the problems we face today is a lack of meaningful, authentic relationships with our coworkers which can significantly influence our own wellbeing. This is further exacerbated when workplace employee connection occurs primarily online or virtually. Building relationality and social capital within these virtual environments may require a transformation in organizational wellness education and human sustainability programs.

My research positionality is at the intersection of social capital, workplace culture, transformative learning, and the broader implications of fostering well-being for sustainability.

Organizational wellness has the potential to move our system from distress to thriving. I believe there are five core elements to workplace wellness sustainability:

1. Holistic wellness is valued.
3. Culture and diversity is infused throughout.
4. Open expression and job crafting is expected.
5. Technology is utilized to promote holistic health.

The boundary between ourselves and other people and between ourselves and Nature, is illusion: Oneness is reality.