



Date aired: \_\_\_\_ 11/07 \_\_\_\_ Time Aired:

Weekly Public Affairs Program

Show # 2021-45

Total running time: 29:30 (with optional exit at 24:00)

1. **Jen Fisher**, US Chief Well-being Officer at Deloitte, a multinational professional services network, author of "*Work Better Together: How to Cultivate Strong Relationships to Maximize Well-Being and Boost Bottom Lines*"

1 in 4 adults struggle with mental health challenges, and those suffering often hide it at work for fear of discrimination from peers or bosses. Ms. Fisher explained how companies can encourage open and honest conversations to remove the stigma surrounding mental health. She also said companies need to redefine the concept of sick days, to improve mental as well as physical health.

Issues covered:

Length: 8:59

**Mental Health  
Workplace Matters**

2. **Patty Alper**, President of the Alper Portfolio Group, author of "*Teach to Work: How a Mentor, a Mentee, and a Project Can Close the Skills Gap in America*"

Millions of Americans are looking for new jobs right now, largely because they're simply not satisfied with where they are. Ms. Alper explained why mentors are important for the success of both employees and a company overall. She also outlined the questions an applicant can ask to determine the accessibility to mentors throughout a company. She also discussed her work in recruiting CEOs to mentor inner-city youth.

Issues covered:

Length: 8:11

**Career  
Mentoring**

3. **Shannon Carpenter**, stay-at-home dad. author of "*The Ultimate Stay-At-Home Dad: Your Essential Manual for Being an Awesome Full-Time Father*"

There are over 2 million stay-at-home dads in the United States, not including those with part-time jobs. Mr. Carpenter shared his own story of becoming a stay-at-home dad and the lessons he tries to share with other men considering it. He talked about the isolation often faced by stay-at-home dads, and recommended support groups to help.

Issues covered:

Length: 5:00

**Parenting  
Mental Health**

