

'healthy workers are safer, they're more productive and they're able to contribute at their very best.

'during these difficult times, it's especially important to engage in healthy habits ... your health is vital to our shared success. i appreciate everything you are doing to make good health a top priority.'

> — al williams vice president, corporate affairs



'leaders need to provide safe space for employees to work through change and stress, and one of the best ways to do that is to role model self-care behaviors.'

> - dave payne vice president, health, safety and environment

'our health is the most important asset. listen to your body and take your time off to reenergize. make sure you have a support group, whether they are your family, colleagues or friends, whom you feel comfortable to share your feelings with.'

> — annie chi digital manager, Australia business unit





'sustainability is not limited to only energy or our environment, but it applies to people and teams as well. by encouraging my team to grow and evolve their capabilities with a focus on adaptability and resilience, we have developed and fostered sustainability in our team, which is essential for our well-being.'

— rocky east offshore installation manager, leviathan

'how I react matters, so I make a deliberate effort to think and act positively, transmit calm, listen to my team and help put their concerns into perspective.'

> — **vedma rupnarain** OE/HSE manager, Latin America business unit

