



Janet Young, Director of Well-being & Health Services at TELUS

Janet Young is a 27-year veteran in the workplace wellbeing industry, currently leading TELUS' well-being and health services portfolio in People & Culture. As Director of Well-being & Health Services at TELUS, Janet and her team are passionate advocates for the importance of good health and through their award-winning well-being strategy they're creating opportunities for team members to become their best selves by enhancing their whole health & well-being, at home and at work and in the community. As the strategy owner, Janet is responsible for the coordination of TELUS's national fitness centres and well-being spaces, Employee and Family Assistance Program (EFAP) services, absence support (disability management), and proactive well-being-related initiatives, all driving true culture evolution.

Prior to joining TELUS, Janet spent 20 years in the consulting/service provider industry advising organizations throughout North America and the globe on the development of comprehensive, high impact wellness strategies. She's also managed the business development and operations functions for various wellness service providers, including a National carrier.