



Your monthly dose of workplace wellness support



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Formerly CloudMD

Creating an inclusive workplace isn't just a nice-to-have—it's a critical component of a healthy, high-performing organization. Numerous studies have shown that companies with diverse workforces are more likely to outperform financially. When employees feel seen, valued, and supported for who they are, they're more likely to thrive both personally and professionally. As HR leaders, your role in championing these efforts is essential.

This month, we're focusing on inclusivity and how fostering a culture of belonging in the workplace can improve employee well-being, engagement, and retention.

**\*NEW\*** We know that the current economic instability and broader global uncertainty are creating new challenges for many organizations. To help support you and your employees through this challenging period, we recently shared an insightful Q&A video about navigating periods of economic uncertainty. Hosted by Marisa Anusic, AVP of Account Management, with Dr. Khush Amaria, clinical psychologist and Kii Health's VP of Clinical Services - Mental Health, the video tackles some of the most common questions that we've been hearing from clients. If you missed the video, [click here to watch it now](#).

# "Ask an Expert" Events

Every month, we host an "Ask an Expert" event on a pressing health and well-being topic. Encourage your employees to attend so they can gain valuable insights on the topic of the month.

## **Inclusivity**

*"I often feel like the odd one out at work. I don't think my colleagues mean to make me feel that way, but the things they say and do make me feel excluded and self-conscious. How can I handle this constructively?"*

These are the registration pages for the event on **June 11th**. Share the links to these pages in employee communications.

[REGISTER EN >](#)

## **Webinar Recording: Unmasking Imposter Syndrome (Mental Health Week Special)**

In this special bonus edition of *Ask an Expert* in honour of Mental Health Week, our experts discussed why imposter syndrome is so common in high-achieving workplaces, how self-doubt impacts mental health and performance, and strategies for reframing thoughts and embracing confidence so you can show up as your best self.

[If you missed the event, watch the video here.](#)

## **Webinar Recording: Family Relationships and Setting Boundaries**

For our May *Ask an Expert* webinar, we heard from our expert about how to build healthy family relationships, including strategies for managing conflict, setting boundaries, and balancing personal well-being with family commitments.

[If you missed the event, watch the video here.](#)

## June: Inclusivity

Trusted, expert-approved content to share with your employees through your newsletters, intranets, e-mails, and more. We offer this content in a copy/paste format so you can easily share it across your internal channels.

[Click here to download](#) our full webinar calendar for 2025, which also includes recordings from the 2025 webinars that have passed. We encourage you to register yourself and share with your employees to encourage them to participate in these insightful sessions.

## 2025 Content Calendar

Our 2025 content calendar is now available! [Click here to download it now.](#) Please note this calendar is designed to support you with your internal communications and planning; it is not intended for distribution.



Help your employees  
manage stress, stay resilient,  
and **thrive**—no matter what's ahead.

We know that the current economic instability and broader global uncertainty are creating new challenges for many organizations. In times like these, supporting the well-being of your workforce becomes even more critical.

Employees may be feeling increased stress, anxiety, or uncertainty, whether it's about their financial situation, job security, or the future more broadly. Providing them with the tools to manage that stress can go a long way in promoting resilience, stability, and productivity in the workplace. To provide support, we've pulled together a few resources that you can use within your organization.