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Shelf Healing Work & Life is a new fortnightly podcast from UCL's Wellbeing Initiative. I'll chat with a variety of people about important wellbeing topics. I'll be talking to HR Directors, diversity champions, elite sports people and more to discuss the importance of a wellbeing focus in work and life. The first episode will launch on the fourth of February and new episodes every other Thursday.

Shelf Healing Work & Life.

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