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October 16th 2015: At Home or At Work: It's All About Relationships

Research shows that good relationships can provide the type of support that contributes to your health and productivity. Conversely, poor relationships can lead to stress and adversely affect well-being, both at work and at home. This episode will focus on important aspects of personal relationships, comprising family and close friends, and professional or work-related ones. Based on research and her experience with thousands of relationships, Dr. Rancourt will provide insights into two kinds of relationships we all have, and how to better manage both types. These are "want-to's," those in whi

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Featured Guest



Karen Rancourt, PhD

Karen L. Rancourt, Ph.D., has over 25 years of experience as a corporate consultant specializing in change management, and as a career and life coach. She is a leading authority on intergenerational relationships, specifically, the dynamics and issues among grandparents, parents, and grandchildren.

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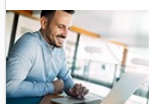
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