



Building knowledge and skills: Intellectual well-being

A better world starts with the best you.



Your health, safety and well-being are important to us. The benefits and programs we provide are designed to give you the tools and resources you need to stay healthy in all areas of life. This summary provides an overview of the intellectual well-being benefits and resources offered to all employees globally. Explore these benefits to discover the value these plans and programs bring to your life.

Quick facts about intellectual well-being

Diverse interactions are important because people learn from those around them and are challenged to grow in ways they may not have considered before.¹

Reading informally or taking a class that interests you will help increase knowledge, stimulate intellectual health and spark creativity.³

Relaxation improves your memory! And playing games is a fun way to add to your knowledge base while also relieving stress.²

Asking questions and staying curious not only keeps you young — but many find this type of intellectual stimulation fosters important social and emotional health benefits as well.⁴

1. Scientific America
 2. Reuters
 3. World Literacy Foundation
 4. Ness Labs

Country-specific resources

You may have access to additional resources and benefits in your country. Explore [WellBeingAtAECOM.com/resources/intellectual/](https://www.aecom.com/WellBeingAtAECOM.com/resources/intellectual/) to learn more.

Helpful benefits and well-being resources

[WellBeingAtAECOM.com](https://www.aecom.com/WellBeingAtAECOM.com)

Explore the **intellectual well-being resources and benefits**, including apps, books and articles, to train your brain, learn to communicate, solve complex problems and more. Invest in yourself, expand your horizons and work toward meeting your full intellectual potential.

- **[Are You Keeping Your Brain at Its Best?](#)**
- **[Effective Communication Strategies](#)**
- **[Tips and Techniques to Improve Your Problem-Solving Skills](#)**
- **[Create a Vision for a Healthier and Happier You](#)**
- **[Break Unhealthy Habits with Intention](#)**

[AECOM University](#)

Access virtual learning courses to further your education, advance your career, cultivate your creativity and improve your problem-solving skills.

[LinkedIn Learning](#)

Build skills and gain insight with timely content and courses to improve communication techniques, train your brain to be more mindful, cultivate creativity and learn new business skills to solve problems and meet your goals.

[Business travel](#)

Experiencing new people, places and perspectives first-hand helps expand your mind and horizons. Travel lightly knowing AECOM offers all global employees protection and support while on business travel.

[Well-being community](#)

Connect with others in the Well-Being Community—share or seek resources and inspiration from fellow colleagues to focus on and grow your intellectual health together!

