



Building stronger connections: Social 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 social 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.

Helpful benefits and well-being resources

[WellBeingAtAECOM.com](#)

Explore **social well-being resources and benefits**, including articles, apps, books and quizzes to help you build connections, practice kindness and gratitude, and more. Discover how being good is great for your mind, body and soul.

- [10 Ways to Build Social Connections](#)
- [How to Be a Better Ally](#)
- [Using Kindness to Achieve Personal Success and Happiness](#)
- [Ways to Connect Through Conversation](#)
- [Embrace an Attitude of Gratitude](#)

[Kudos](#)

Recognize colleagues for a job well done — and feel good in return. Send personalized e-cards and badges to share appreciation and celebrate personal milestones or events.

[Well-being community](#)

Connect with others in the well-being community — find and share resources and inspiration with fellow colleagues to focus on and grow your social well-being together!

[Global well-being challenges](#)

Participate in the global well-being challenges throughout the year to connect with colleagues and boost your social well-being.

[For managers: Set the tone](#)

Leaders set the tone. Managers are encouraged access the many **resources** created to help ensure overall well-being comes first.

Quick facts about social well-being

Feeling connected to others, having supportive relationships, contributing to society and finding purpose in work are all critical components to maximizing our social well-being.¹

LONGER LIFE

Being socially connected doesn't just make us feel good— research links it to improved health and a longer life.²

People with strong social connections have a greater capacity to **adapt to change and overcome challenges.**³

An inclusive and welcoming environment fosters a sense of belonging for all— creating more productive and innovative teams.⁴

Country-specific resources

You may have access to additional resources and benefits in your country. Explore [WellBeingAtAECOM.com/resources/social/](#) to learn more.

1. Positive Psychology
 2. Greater Good/Berkeley
 3. Stanford
 4. DDI World