



WCWI PODCAST



EACH PERSON OWNS THEIR STORY – LISTENING AND RESPONDING TO IMPACT WELLBEING WITH KATHY CHAMBERS AND JESSA KINNAMON OF DEAN HEALTH PLAN

WCWI interviews Kathy Chambers and Jessa Kinnamon, Health Transformation Consultants at Dean Health Plan. This conversation brings light to one of WCWI’s guiding principles in action – craft the narrative. Who better to learn from than two people who are listening to, supporting, and coaching hundreds of plan members and employees in their wellbeing journeys? Kathy and Jessa are passionate professionals sharing important perspectives on what employees’ needs are, the methods they’ve found to truly impact wellbeing, and the success stories they’ve witnessed. These women are a wealth of energy and knowledge with Jessa’s background in public education and Kathy’s background in mental health counseling. Throughout the conversation, Kathy and Jessa enlighten us about what they’re observing as the highest wellbeing needs for people. They also dig in on the conversations about what wellbeing means, what wellbeing success looks like, and how to really listen with transparency, connection, and full attention. Their experiences inspire a continued practice of listening and responding to the needs of our people because that’s where the impact happens. Enjoy this delightful conversation with Kathy and Jessa!

KATHY CHAMBERS



JESSA KINNAMON



“Once we start to realize what mindfulness is, that’s where we start to change that narrative and makes it a lot more approachable and broader for people.” --Kathy Chambers

“We can’t determine for somebody else what will make them feel better. Only they can determine so we try to help them unpack that and give them some resources so they can move forward.” – Jessa Kinnamon

“Dean Health Plan leaders recognized that the traditional approach to wellness with biometrics only, really wasn’t evoking change and that it was a time to take a holistic approach to wellness. That led to the development of the Health Transformation role. Early on, a big portion of the role was doing the wellness screenings and the personal wellness plan. There were a lot of questions about how effective that would be and what can you really do in fifteen minutes with a conversation. As we started, the answer became ‘we can do a lot.’” – Kathy Chambers

