

## WCWI Podcast Recap

June 16, 2022



### In This Issue

- June Podcast Episode Overview
- Key Takeaways
- Ways to Listen

### Katie Reiels Summary:

"Woodman's, with your (Nikki's) leadership and your awesome Collaborator team, support from the Executive Vice President and leadership, is showing that wellbeing is significant. You are understanding that wellbeing is significant to the livelihood of the individuals, your organization, and the larger community. You have the resources and the connection in place to help every team member at Woodman's really pursue and fulfill their unique wellbeing

Hello {FIRST\_NAME|Valued Member},

Did you know that WCWI has a podcast called "Changing the Narrative of Employee Wellbeing"?

We are calling all wellness strategists, human resources professionals, culture designers, and people leaders. We believe that employee wellbeing is a foundational strategy and business priority for all employers. When we catalyze employee wellbeing as foundational, strategic, and systemic, we will have greater impact and outcomes on our people and business. Join WCWI for a series of expert interviews with executives, practitioners, and experts as we explore compassionate, people-centered conversations about employee wellbeing. If you are ready to reframe why and how organizations support the wellness of their employees, Changing the Narrative of Employee Wellbeing is for you.

We have begun the 2022 Interview Series!

In 2022, WCWI is bringing you eight episodes where we'll explore WCWI's four guiding principles in depth and in action.

In the latest episode released TODAY, Katie interviews Nikki Capelle, Wellness Coordinator at Woodman's Food Markets. Read the episode description below!

Ready to listen to the episode?

needs and interests. That's really what you're supporting, it's not 'one-size-fits-all.' It's strategic because it has influence across the organization, for example, with what you're doing with the collaboration team to be able to understand what's happening with the structures, work flows, and policies that are in place."



### Episode Quote: Nikki Capelle

"I've always been so proud that our company has a wellbeing program that is offered to every single employee - whether your part-time, on the insurance plan or not, twenty-five years old, sixteen years old, fifty-eight. We want to make sure that they understand the us together are important, that team members are our biggest asset, and we want them to have those thoughts that we care about their health and wellbeing. It's not about whether you have Woodman's insurance plan or health benefits. We don't tie it to that in any way."

--Nikki Capelle, Wellness Coordinator and June Podcast Guest.



The WCWI Podcast is now available to follow on [Google Podcasts](#), [Amazon Podcasts](#), [Spotify](#), and [Apple](#)! Simply search for: Changing the Narrative of Employee Wellbeing.

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### Exemplifying a Strong Belief in Valuing Your People with Nikki Capelle of Woodman's Food Markets

In this episode, Katie Reiels, Director of Learning Strategy at WCWI interviews Nikki Capelle, Wellness Coordinator at Woodman's Food Markets. Nikki has been part of the

employee-owned Woodman's Food Markets for 24 years and worked in many different areas. Her various positions and extensive time spent at Woodman's positions her to best understand the needs and experiences of those who work at Woodman's. Since 2015, in her role as the Wellness Coordinator, Nikki works directly with senior leaders and the wellness



champion network to plan and implement strategies to improve and maintain the overall wellbeing of Woodman's team members, their families, and customers. Nikki sets the tone for wellbeing at Woodman's by believing in the significance of wellbeing as simply the right thing to do. And she embraces wellbeing as just who they are at Woodman's. This interview digs in to the tangible wellbeing work and impact such as their Be Well Cares initiative, their WOW Fundamentals, and their team of collaborators and wellness champions that sustain wellbeing across their diverse and unique retail locations. Nikki is a passionate and curious wellness professional that hopes to inspire others to live their best lives. She loves to learn and share, teach and guide, connect and laugh. Nikki was a participant of WCWI's first TECH Training program back in 2019! She exemplifies the strengths, skills, and growth mindset of leading from right where you are, calling on your bravery, and encouraging us all to focus wellbeing around understanding the needs and valuing your people. Listen in to this inspiring and actionable conversation with Nikki.

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"We feel that eventually everyone's going to need something, and we hope that we'll have what they need to support them during that time." --Nikki Capelle

#### Connect with Nikki:

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#### Connect with WCWI:

<https://www.wellnesscouncilwi.org>

LinkedIn: <https://www.linkedin.com/company/wellness-council-of->

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