

# WELL-BEING PODCAST PLAYLIST

10 Well-being podcasts every HR leader needs on their playlist



## WORK WELL-BEING



### HBR IDEACAST - HARVARD BUSINESS REVIEW

Your weekly dose of strategy, innovation, growth, creativity and more — "HBR IdeaCast" is more than a business and management podcast. With episodes covering topics like working parents, finding your company's soul, compromise and change, not only will you be inspired by thought leaders, you'll leave with practical advice to implement at your organization today.

APPLE

SPOTIFY

STITCHER



### BEYOND THE TO-DO LIST - ERIK FISHER

It's safe to say we could all use a little help when it comes to productivity. Go beyond the to-do list with host Erik Fisher as he talks with the people behind the productivity. You'll gain actionable tips from real people who tackle productivity strategies in both work and life, and leave inspired to do the same.

APPLE

SPOTIFY

STITCHER

## PHYSICAL WELL-BEING



### MUSCLE FOR LIFE WITH MIKE MATTHEWS - MIKE MATTHEWS

Bestselling author and entrepreneur Mike Matthews, host of "Muscle For Life," gets straight to the point in his health and fitness podcast focused on helping you, "build your best body and life." Each episode serves up science-based, easily digestible tips and insights to be healthier, happier and wiser.

[APPLE](#)[SPOTIFY](#)[STITCHER](#)

### SLEEP WITH ME - DREW ACKERMAN

Getting a good night's sleep is not only essential for your mental well-being, it also impacts your physical state. Sleep deprivation, insomnia, stress and anxiety — it's all connected when it comes to your sleep, and this podcast is ready to help conquer your sleep problems. Tune in to "Sleep with Me" for a bedtime story tailored to helping you get your best night's sleep.

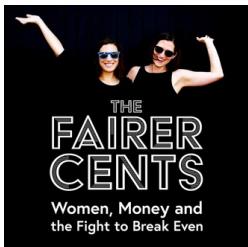
[APPLE](#)[SPOTIFY](#)[STITCHER](#)

## FINANCIAL WELL-BEING



### THE MINIMALISTS PODCAST - JOSHUA FIELDS MILLBURN AND RYAN NICODEMUS

Minimalism is all about finding happiness through life itself, not things. In the highly-rated "The Minimalists Podcast," hosts Joshua Fields Millburn and Ryan Nicodemus discuss living a meaningful life with less. From financial independence to positive thinking to decluttering your brain, you'll leave with a better understanding of minimalism and how the practice can improve your everyday life.

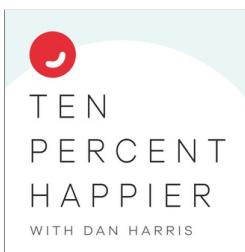
[APPLE](#)[SPOTIFY](#)[STITCHER](#)

### THE FAIRER CENTS - TANJA HESTER AND KARA PEREZ

Recommended as a must-listen podcast by Forbes, U.S. News and others, "The Fairer Cents" is a candid finance and career podcast for women that isn't afraid to ask the tough questions. With some added humor to lighten the load of serious finance topics, co-hosts Tanja Hester and Kara Perez address the gender wage gap, economics of motherhood and more to help change the status quo.

[APPLE](#)[SPOTIFY](#)[STITCHER](#)

# EMOTIONAL WELL-BEING



## TEN PERCENT HAPPIER - DAN HARRIS

Author of bestselling book, "10% Happier," and ABC news anchor, Dan Harris, hosts the interview-style podcast "Ten Percent Happier with Dan Harris" — focused on meditation and mindfulness. With over 200 episodes and a guest line-up including Brené Brown, Patrick Dempsey, Shawn Achor and more, you'll take away a new outlook on how to deal with stress.

[APPLE](#)[SPOTIFY](#)[STITCHER](#)

## THE SCHOOL OF GREATNESS - LEWIS HOWES

Former pro athlete turned lifestyle entrepreneur; Lewis Howes wants to help you discover how to unlock your inner greatness. "The School of Greatness" podcast shares inspiring stories from guests while covering topics like bravery, optimism, potential, confidence and living intentionally, to name a few.

[APPLE](#)[SPOTIFY](#)[STITCHER](#)

## OPRAH'S SUPERSOUL CONVERSATIONS - OPRAH

Oprah believes that, "one of the most valuable gifts you can give yourself is time." Take the time to be more present and connected to the world by tuning into Oprah's podcast, "Oprah's SuperSoul Conversations." Her interviews with bestselling authors, spiritual luminaries, as well as health and well-being experts will take you on a journey to finding your best self.

[APPLE](#)[SPOTIFY](#)[STITCHER](#)

## HAPPIER WITH GRETCHEN RUBIN - GRETCHEN RUBIN AND ELIZABETH CRAFT

Happiness expert Gretchen Rubin wants you to be happier. The bestselling author and host of "Happier with Gretchen Rubin" discusses good habits on her weekly podcast cohosted by her sister Elizabeth Craft. Tune in for tips and tricks to find happiness and transform your life.

[APPLE](#)[SPOTIFY](#)[STITCHER](#)

Limeade is a software company that elevates the employee experience and helps build great places to work. Limeade ONE brings together employee well-being, engagement, inclusion and communications solutions in a mobile-first experience. Recognized for its own award-winning culture, Limeade helps every employee know their company cares. To learn more, visit [www.limeade.com](http://www.limeade.com).