



Social Wellness: Should Employers Care?

by John McCarthy

September 3/4, 2026

Wellness models frequently highlight physical and mental health. However, social wellness is an area often overlooked and can be an important influence in workplace performance, particularly when new employees move to a new location where they lack a social support network. This presentation focuses on specific aspects of social wellness, including friendship and loneliness, and its effect on domains in life. It will also feature an overview of social wellness initiatives from various countries that are driven by government, community, and/or company efforts.

Program goals:

By the conclusion of the program, participants will be able to

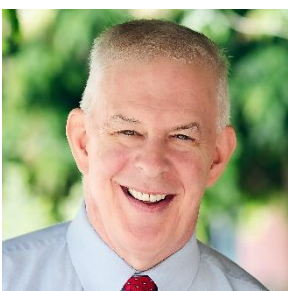
- Define social wellness in one sentence
- Discuss three effects of social wellness on life domains
- Outline current initiatives to help employees' social health in various countries

Date / Time: Thu Sept 3/Fri Sept 4, 2026

Americas	Thu Sept3	Asia & Pacific	Fri Sept 4
North America East Coast *	10-11:30 PM	Samoa	3 – 4:30 PM
North America Central *	9 -10:30 PM	New Zealand	2 - 3:30 PM
North America Mountain *	8 - 9:30 PM	East Australia, Guam	Noon– 1:30 PM
North America Pacific *	7- 8:30 PM	Central Australia	11:30 AM – 1 PM
Hawaii	4 – 5:30 PM	Korea, Japan	11 AM – 12:30 PM
		China, Taiwan, Philippines, Malaysia, Singapore, Western Australia	10 -11:30 AM
		Vietnam, Cambodia, Laos, Indonesia	9 - 10:30 AM
		Bangladesh	8 – 9:30 AM
		Nepal	7:45 – 9:15 AM
		India, Sri Lanka	7:30 – 9 AM
		Pakistan, Kazakhstan	7 – 8:30 AM
		Azerbaijan, UAE	6 – 7:30 AM

Fees: Cost for residents of high-income countries: \$20 for members, \$30 for non-members, \$15 students; Cost for residents of other countries: \$10 for members, \$15 for non-members, \$7.50 students

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John McCarthy, Ph.D., is an international lecturer and author. He has 30 journal publications and over 60 professional presentations across 14 countries. His professional writings have been featured in *The Pittsburgh Post-Gazette*, *Huffpost.com*, *The Buffalo News*, *Cleveland.com*, *Counseling Today*, and *The Psychotherapy Networker*. Dr. McCarthy has written two books, *The Innovator Next Door* and *Driving Forward in Reverse*, that address creative

thinking and problem-solving. He blogs for PsychologyToday.com and shares other writings at creativestrengths.com.

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