

Winner //

BECK STOCKDALE

This award recognises an individual at any level across the organisation who has shown exceptional commitment and support for mental health and wellbeing in the workplace.

Beck Stockdale turned one wellbeing webinar into a global movement – building MindLife alongside her full-time role and becoming the trusted, human face of wellbeing for 9,200 Elsevier colleagues across 40+ countries.

From One Webinar to a Global Movement

After 30 years at Elsevier, Beck was asked six years ago to organise a single wellbeing webinar. She turned it into MindLife, a strategic, data-led global wellbeing programme, delivered entirely alongside her role as Executive Assistant to senior leaders.

Beck remains personally involved in every session, sometimes joining 40 a year to introduce speakers and explain why each topic matters. But her impact goes far beyond organising events. When a colleague



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lost their young daughter, Beck personally found specialist grief support and secured a year of counselling. When colleagues requested support around infertility, baby loss, addiction or emotional abuse, she acted.

She has also built a network of 70 volunteer Champions, creating a community that now actively shapes MindLife. Her leadership has transformed senior engagement too: a leadership panel that initially struggled to find one participant can now attract 50 volunteers from a single callout.



Results & Impact

Beck's greatest achievement is the culture she has created around MindLife. Colleagues trust her with their most difficult experiences because they know she will listen and act. Her passion has encouraged others to become wellbeing advocates, while her persistence has made wellbeing a visible part of everyday life at Elsevier.

Her manager, EVP Human Resources Wayne Acquah, describes her as an

"exceptional wellbeing leader" whose empathy and advocacy are helping embed wellbeing into everyday practice. Workplace wellbeing consultant Emma James goes further, saying: "every organisation needs a Beck."

Beck's impact is not defined by a job title or formal responsibility. She built MindLife because she believed colleagues deserved better – and six years later, thousands of people are better supported because she did. ■

Judges' comments

- + What an inspiring example of someone creating real impact through genuine care, courage and consistency.
- + Clearly a very passionate individual who goes above and beyond to support colleagues and workplaces too.

Highly commended

→ **Sanju Pal**
Women's Health and Workplace Rights

Shortlisted

→ **Beck Stockdale**
Elsevier

→ **Jamie Lloyd**
Jamie Lloyd Pain Relief Clinic