

Wellbeing Leadership Award

AWARDS 

THIS CAN HAPPEN GLOBAL.

In association with

A&O SHEARMAN

THE INTERNAL SUPPORT AWARDS

Winner //

CHRISTOPHER JONES

This award honours senior leaders who show vision, influence and commitment in embedding wellbeing into organisational culture.

Chris Jones has spent over a decade turning his own experience of anxiety into action – breaking down stigma, building peer support and making wellbeing a strategic priority across Sky Home Service and beyond.

After openly sharing his own mental health journey, Chris became someone colleagues trusted for support. This led senior leaders to appoint him to a dedicated wellbeing role alongside his day job. As Wellbeing Engagement Manager, he now designs and delivers bespoke wellbeing training across Sky.

Working within a 90% male workforce, Chris founded the first Wellbeing Advocate team, creating a model that has since expanded across the organisation. The network has enabled more than 2,000 peer-to-peer wellbeing interactions, helping make mental health conversations more accessible and normal.



Chris's influence has helped wellbeing become part of everyday conversations across Home Service.

From Lived Experience to Cultural Change

Chris has developed training covering mental health, suicide awareness and wider wellbeing, giving leaders the confidence to have more natural and empathetic conversations. He also created a Suicide Safer Community, training more than 300 colleagues to create safe spaces for conversations around suicide and mental health.

In 2025, he launched a dedicated Men's Health programme, supporting colleagues with both physical and mental wellbeing. Demand has been strong, with a waiting list of more than 200 colleagues.



As co-chair of the Body & Mind network for five years, Chris has also shaped strategy, championed colleague voice and brought wellbeing to life through workshops and external speakers.

Results & Impact

Chris's influence has helped wellbeing become part of everyday conversations across Home Service. His work has strengthened psychological safety, increased awareness of support and encouraged colleagues to look out for one another, including through periods of significant organisational change.

His impact is recognised by senior leaders, with Sky Home Service Director John Rankin describing Chris as the "driving force" behind a programme that has changed how the organisation supports its people. ■

Judges' comments

- + Christopher has demonstrated exceptionally strong and sustained wellbeing leadership.
- + Chris demonstrates exceptional long-term commitment and organisation-wide culture change.

Shortlisted

- Monika Kuleszo
Ropes & Gray
International LLP
- Karen Patio
GuidePosts
- Mel Milazzo
GRS Group

CELEBRATING EXCELLENCE IN WORKPLACE MENTAL WELLBEING