

## Safety & Health Improvement Program

VIDEO TRANSCRIPT FROM LESLIE HAMMER, PH.D.

The supervisor plays such a major role in how one feels and operates in their work setting and so early on I started thinking about understanding ways of training supervisors how to be more supportive of their workers around work-life integration. I go into workplaces and I test out and implement programs and I end up with evidence-based practices that are then disseminated into the workplace most of our society needs to work. Most of our society is actually struggling. Financially struggling with high levels of stress.

I'm interested in the health of our nation. I'm currently involved in a very large-scale study that is funded by the Department of Defense to investigate how to improve support for our military service members who are coming back and transitioning back into the workplace. We ultimately hope that our research will lead to an evidence-based training program that helps to better support the veterans and their family members and can ultimately be disseminated across the country and actually, across the globe.

I do not just want to do the research to do the research. It's absolutely critical to me that I do the research that gets implemented and used in workplaces.