

Stanford



Linda Lydon

Program Specialist, Outreach, BeWell Programs

Bio

BIO

How often are we fortunate enough to discover a passion that changes the path we are on? I built my career at Stanford University; an environment for learning, innovation, and discovery. While at Stanford, I had the opportunity to volunteer as a Healthy Work Environment Ambassador and Cardinal @Work Ambassador. These experiences ignited my soul and were the catalyst in earning my Corporate Wellness Specialist Certification and Life Coaching Certification. I rewrote my story as I created a new path on my journey toward meaningful work. I boldly reinvented myself and followed my passion for corporate health and well-being.

As the Program Specialist for the Outreach Team, I coordinate programs and sessions for team and department health and wellness. It's a privilege to share my passion for emotional and physical health and well-being, and mindfulness utilizing my strengths in organization, prioritization, and cross-collaboration. I'm part of a team dedicated to supporting a healthy environment that enables Faculty and Staff to present their best selves at work and home with programs and educational opportunities.