



Kacy Fleming

Head, Global Well-Being
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Kacy Fleming is a passionate advocate and believer that well-being and joy are cornerstones to a fulfilling career. Kacy is a TEDx Speaker, an award-winning well-being strategist, a frequent contributor to Thrive Global, and an M.A (masters) in Organizational Psychology. She currently works as the Head of Global Well-Being for Takeda and is focused on empowering life-work alignment and creating equitable access to well-being resources and programming. Most recently Kacy has authored pieces on mid-life career transitions, women's health, as well as a series on flexible work. In October she shared her thesis on "Factors that Affect Productivity in Flexible Work Environments," at the New England Psychological Association Annual Conference. She is also a Certified Life Coach and Vinyasa yoga teacher. When she is not working, Kacy is an avid fiction reader, a downhill skier, and a seasoned yogi who enjoys watching mysteries with her partner Mark and dogs Otto and Finn.

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