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Shawmut strengthens safety culture through strategic well-being partnership with Wellness Workdays

August 15, 2025 - Front Section



Boston, MA Shawmut Design and Construction, a \$2 billion national construction management firm, has partnered with Wellness Workdays, a premier provider of workplace wellness solutions, to launch a next-generation well-being initiative designed specifically for the construction industry. This strategic partnership reinforces Shawmut's holistic approach to employee safety by integrating physical, mental, and emotional health into its renowned safety program.

Building on decades of award-winning jobsite safety, Shawmut is taking the next step in safeguarding its workforce by addressing the full spectrum of health. The collaboration with Wellness Workdays will bring integrated well-being, mental health, and injury management solutions to jobsites and offices across New England, aligning with Shawmut's values of ownership, innovation, and care.

"Construction safety is evolving—and well-being is now at the heart of it," said Shaun Carvalho, chief safety officer at Shawmut Design and Construction. "While PPE, protocols, and processes remain essential, supporting physical and mental health is just as critical. Our partnership with Wellness Workdays brings care to the jobsite with personalized, proven strategies that offer resources, identify issues early, and connect people to the right support. This is how we put our values to action to drive engagement, satisfaction, and safety."

Wellness Workdays will implement its outcomes-focused, population health framework tailored to the needs of field teams, trade partners, and corporate staff. Initiatives will include:

- Biometric screenings and behavioral health coaching
- Ergonomic risk assessments powered by emerging AI tools
- Customized wellness challenges, table talks, and on-the-go construction-focused wellness resources
- Targeted support in areas such as sleep, chronic disease, financial health, and resilience

“This partnership represents what the future of work looks like in construction. This isn’t just a wellness program—it’s a strategic investment in workforce strength and safety,” said Debra Wein, CEO and founder of Wellness Workdays. “Together, with Shawmut, we are delivering evidence-based wellness strategies that integrate seamlessly with safety, driving impact on-site and beyond.”

New England Real Estate Journal - 17 Accord Park Drive #207, Norwell MA 02061 - (781) 878-4540