

WORK'S MENTAL

Energising Mental Health at Work



Kim Swift

Health & Wellness Manager



PEPSICO

Kim has worked at PepsiCo since 2010 and is a qualified HR Business Partner by trade having gained a multitude of experiences at various FMCG organisations. Kim diversified into the world of wellbeing in 2014 after returning from her first maternity leave (a time when wellbeing and work life balance was personally all the more important) and has never looked back! Since 2014, Kim has developed and embedded the PepsiCo Healthy Living Agenda for the UK - focusing on helping employees and their families live better – physically, mentally, financially and socially.

Kim also leads the Occupational Health Strategy for the UK and is passionate about forging successful partnerships to help improve the overall health of the UK employees, with some innovative offerings. Her key area of interest is mental wellbeing and seeking out new ways to ensure that mental health is at the forefront of the organisation's wellbeing proposition.

Kim is married with two young children, which allows her to demonstrate her ability to juggle and multi-task to the highest degree! She is a keen runner and enjoys fitness and getting outside for some personal downtime.