



[Tec de Monterrey](#) has been certified as a **Responsibly Healthy Organization** by [Workplace Wellness Council Mexico](#) for promoting the wellbeing of its faculty and staff.

Tec de Monterrey's Director of **Benefits and Wellbeing**, **Yessica Carrillo**, thanked all those involved in achieving this **certification** and highlighted the **initiatives** that had earned the institution this recognition.

*“Let’s celebrate this recognition, which not only reflects the efforts and achievements of the institution but also our **commitment to promoting the health, safety, and wellbeing** of our faculty and staff.*”

*“We’ve implemented **self-care initiatives**; conducted health campaigns and medical checkups; and encouraged our employees to engage in physical activity both on and off campus. All this has led us **to the point where we received this recognition.**”*



The Tec's Rector and Executive President David Garza sent a video message about the **Workplace Wellness Council Mexico** certification.

*“This recognition is a testament to Tec de Monterrey’s commitment to the **wellbeing** of our staff.*

*“We’ve sought to create an environment where these practices are effectively experienced, which is why we’ve put in place many programs and initiatives that have improved the work environment and created healthy environments that **encourage collaboration** and create **a balance between work and personal life.**”*

“We’re committed to promoting the health, safety, and wellbeing of our faculty and staff.” – Yessica Carrillo

Responsibly healthy

Disnarda Ramírez, Executive Director of **Workplace Wellness Council Mexico**, acknowledged the good practices that **Tec de Monterrey** has put in place for its employees and professors during the awards ceremony.

*“We’re very pleased and grateful to be able to recognize Tec de Monterrey for its **good health and wellbeing practices**.”*

*“It’s a very important issue because it goes beyond being hired and coming to work; it’s about how you feel in your environment and **learning to take care of yourself, to be responsible for your health**. The effort that companies make for their employees provides examples that employees can put into practice at home,” she said.*

It is worth noting that **Workplace Wellness Council Mexico** grants these awards at 9 levels, depending on the progress of different organizations. Those levels are:

1. Responsibility
2. Development
3. Growth
4. Consolidation
5. Behavior modeling
6. Support
7. Expansion
8. Culture
9. Mentoring

Two certifications were awarded to the Tec: Stage 3 (Growth) to the **Western, South-Central, and Northern regions**, while the **Monterrey and Mexico City regions** received a Stage 4 (Consolidation) award.



About Workplace Wellness Council Mexico

Workplace Wellness Council Mexico is a private organization that advises on and helps implement and improve **health and wellbeing** programs in companies and organizations in Mexico and Latin America.

It is also responsible for granting awards to responsibly healthy companies and **responsibly healthy organizations**.

It promotes occupational health through **occupational medicine, occupational hygiene, and the prevention of occupational risks**.

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