



# Workday Rising US 2022

## Video Transcript

### Question: Tell us how you seize your workday

#### Jason Warnke, Digital Experience Lead, Accenture

I seize my workday by starting out, looking at all my health tracking data, my ring, my watch, my armband. But I do that with my colleagues, and it's really cool to be in a healthy competition with your friends so that you're all benefiting each other by getting healthier.

#### Ed Miller, Managing Director, Growth and Strategy Lead, Accenture

I seize the workday by opening up my phone, looking at Teams, looking at my day, how I need to prioritize, and how I need to think about delivering value to my clients and our teams.

#### Colin Anderson, Digital HR Planning and Analytics Lead, Accenture

I go outside, I jump on my scooter and I scoot to work in the fresh air. Loving the commute to the beautiful new office.

#### Ryan Gaetz, Managing Director, Accenture

I seize my workday. It's all about my friends, my family and my colleagues, and that's what everyday start to finish is all about.

#### Shaun Higgins, Associate Director, Canada Practice Lead, Accenture

I seize my workday by always taking breaks, going for a walk, listening to a podcast that really allows me to just take a deep breath, step back. And I find that I think a lot about the big issues I have and I get back to my computer, and I'm really ready to go and hit the ground running again.

#### Mary Kate Morley Ryan, Managing Director, Accenture

So I seize my workday as a mom of four with four children, under eight, with a lot of planning, lots of love, and a significant amount of teamwork.