



Bright Horizons Announces New Season of The Work-Life Equation Podcast, Kicking Off April 8

April 7, 2025

Interviews with industry leaders to explore how companies are focused on building workplaces of the future with meaningful benefits to support workforces

NEWTON, Mass.--(BUSINESS WIRE)--Apr. 7, 2025-- [Bright Horizons](#) (NYSE: BFAM), a leading education and care company, announces the new season of its acclaimed podcast, [The Work-Life Equation](#), co-hosted by Priya Krishnan, Chief Digital and Transformation Officer at Bright Horizons, and Paul Sullivan, founder of The Company of Dads, launching Tuesday, April 8. This season will explore how leading companies' people-first strategies play a critical role in attracting and retaining top talent, while simultaneously building workplace cultures.

"This new season of The Work-Life Equation podcast is launching at an important moment," said Priya Krishnan, Bright Horizons' Chief Digital and Transformation Officer. "We're bringing together top thought leaders to share actionable strategies that don't just spark conversations but drive meaningful, lasting change."

Joining Krishnan and Sullivan as their first guest this season is Subha Barry, President of Seramount. A transformational C-suite leader, Barry brings deep expertise in aligning corporate culture with talent strategy to drive business success. With leadership roles at Freddie Mac, Merrill Lynch, and Working Mother Media, she has spearheaded workplace initiatives that have fueled business growth and led to major transformations. Barry will set the stage for conversations on building inclusive workplaces that support both employee well-being and organizational performance.

"Having joined the podcast as a co-host last year, I've seen firsthand how these thoughtful conversations spark real impact across industries," said Paul Sullivan, Co-host of The Work-Life Equation. "We're doubling down on actionable solutions for employers navigating today's workplace challenges, helping organizations create environments where working parents feel supported, valued, and empowered to thrive both at work and at home."

Future episodes will feature insightful discussions and valuable perspectives from a variety of guests including Blessing Adesiyani, CEO of The Care Gap and Executive Director of Caring Africa; Alyssa Friedrich, EVP & Chief People Officer at United Therapeutics; and Lori Tauber Marcus, Co-founder of The Band of Sisters; with more guests to be announced in the coming weeks.

To learn more about the podcast, visit [The Work-Life Equation](#). The Work-Life Equation is available across podcast hosting platforms including [Apple Podcasts](#), [Spotify](#), [iHeart Radio](#) and [YouTube](#). Subscribe now and join the conversation on creating a better work-life equation for today's workforce.

About Priya Krishnan

Entrepreneur, mom, and a champion of women around the world, Priya loves work, life, and everything in between. She came to Bright Horizons after founding and running India's largest childcare business. Priya is the winner of many awards for her work in the space -- Woman Entrepreneur of the Year, Young Turk, FT1000 for Asia, and Red Herring Asia, to name a few -- and is today Bright Horizons' Chief Digital and Transformation Officer. She also has a bachelor's degree in engineering, an MBA from London Business School, and a unique perspective on what fits work and life together.

About Paul Sullivan

Paul is the founder of The Company of Dads, a media company, community platform and workplace educator established in 2021 to build a supportive community for Lead Dads -- those men who are the go-to parents whatever else they may do in life. Recognizing the growing but often overlooked role of Lead Dads, Paul's mission is to alleviate the isolation and instill confidence in those who have chosen to take on the bulk of the parenting and family responsibilities. Prior to pioneering The Company of Dads, Paul spent 13 years as the Wealth Matters columnist at The New York Times and created the Money Game column in GOLF Magazine. As a sought-after expert, Paul has written two books, "Clutch: Why Some People Excel Under Pressure and Others Don't" and "The Thin Green Line: The Money Secrets of The Super Wealthy." He also holds degrees in history from Trinity College and the University of Chicago.

About Bright Horizons Family Solutions Inc.

Bright Horizons® is a leading global provider of high-quality early education and childcare, back-up care, and workforce education services. For more than 35 years, we have partnered with employers to support workforces by providing services that help working families and employees thrive personally and professionally. Bright Horizons operates more than 1,000 early education and childcare centers in the United States, the United Kingdom, the Netherlands, Australia and India, and serves more than 1,450 of the world's leading employers. Bright Horizons' early education and childcare centers, back-up child and elder care, and workforce education programs help employees succeed at each life and career stage. For more information, go to www.brighthouse.com.

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Source: Bright Horizons