Ten Minute Wellbeing Tips for Managers



Powered by the Office of Wellbeing

Vision: For our employees to leave work at the end of the day healthier than when they arrived

Carolyn J. Cumpsty-Fowler, PhD, MPH, ACC Senior Director for Nursing Well-Being Johns Hopkins Health System



Theme: Leadership



Episode 27: Noticing non-verbal communication

Leadership Support

Norms

Shared Values



Touch Points

Peer Support

Climate/Morale



Noticing our own non-verbal communication



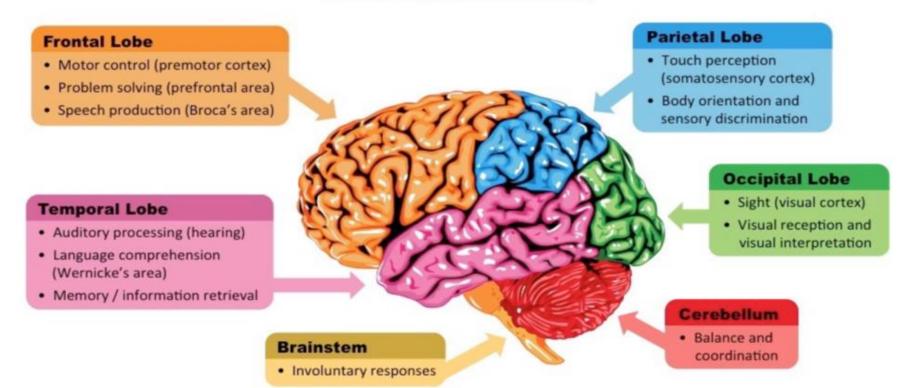




Much of our brain is non-verbal



External Structures of the Brain



Recommended:

Dr. Dan Siegel explains his "Hand Model of the Brain": https://youtu.be/f-m2YcdMdFw

Noticing non-verbal communication the well-being benefits of feeling "seen"

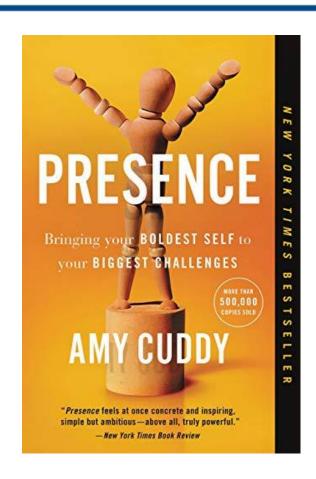
- Connection
- Communication
- Trust
- Safety
- Empathy
- Compassion



Others-Awareness self-Awareness

"Your body language may shape who your are"



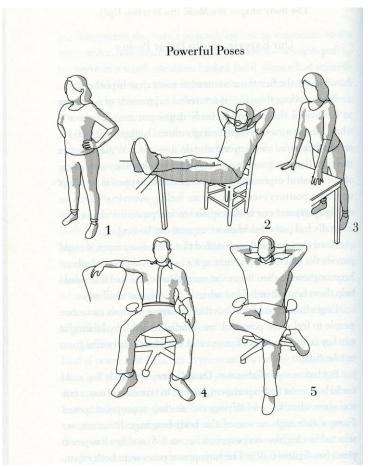


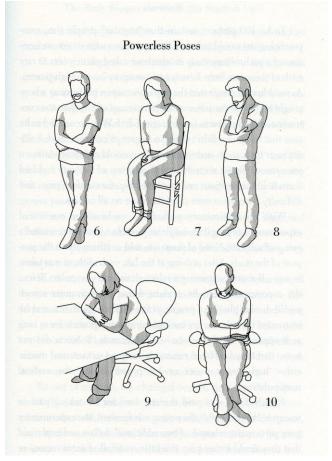


Dr. Amy Cuddy





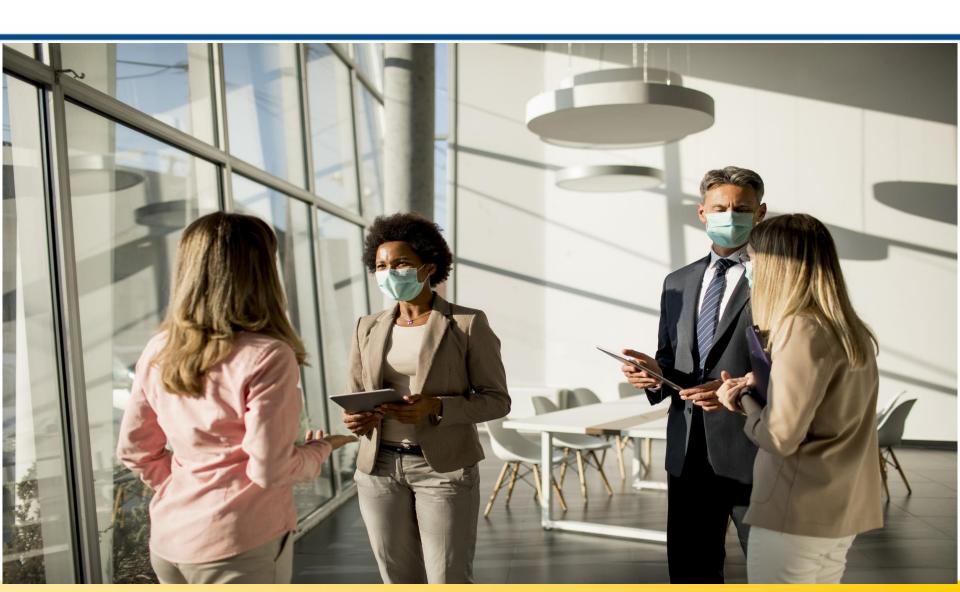




Amy Cuddy (2015) Presence: Bringing your boldest self to your biggest challenges. pp.200-201

Space





Touch and Gestures













Facial Expressions

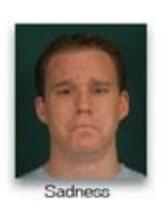


The Seven Universal Facial Expressions of Emotion











Fear

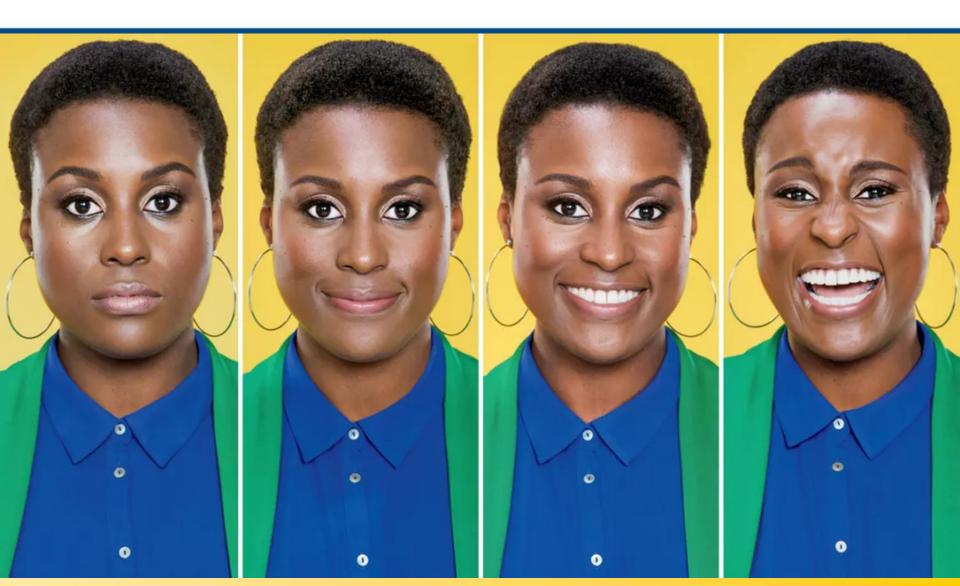




Disgust

Eye Contact





Last but not least ... our voice (not our words)





Noticing & curiosity can provide A JOHNS HOPKINS the gateway to insight





DO THE BEST YOU CAN UNTIL YOU KNOW BETTER, THEN WHEN YOU KNOW BETTER, DO BETTER,

Maya Lingelow

Theme: Leadership



Episode 27: Noticing non-verbal communication

Manager tip #30:

Start by noticing the non-verbal behaviors that support healthy communication with your team.

Agenda tip #32:

Consider adopting a no cellphone norm for meetings.





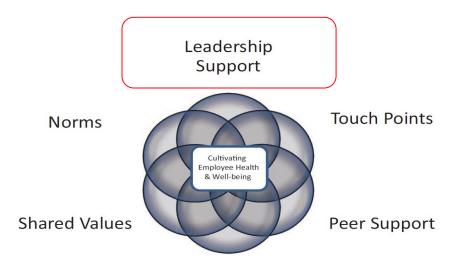
Theme: Leadership



Episode 27: Noticing non-verbal communication

 Please answer two questions before you go!

Fairness and accountability



Climate/Morale



Connect with Healthy at Hopkins and the Office of Wellbeing

Healthy at Hopkins

- Access the portal via my.jh.edu an click on the 'Healthy at Hopkins' tile
- 833-554-4554
- healthyathopkins@jhmi.edu

Office of Wellbeing

- https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being
- OWB@jhmi.edu

Follow us on Twitter and Instagram



@HealthyHopkins



@HealthyatHopkins

Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People



What Question Do You Have?







- A movement usually of the body or limbs that expresses or emphasizes an idea, sentiment, or attitude.
- Movements & gestures made below conscious awareness
- The use of motions of the limbs or body as a means of expression. (Merriam Webster Dictionary)
- Movements and/or gestures that do not cause self-injury or self-harm.



