

# Ten Minute Wellbeing Tips for Managers



*Powered by the Office of Wellbeing*

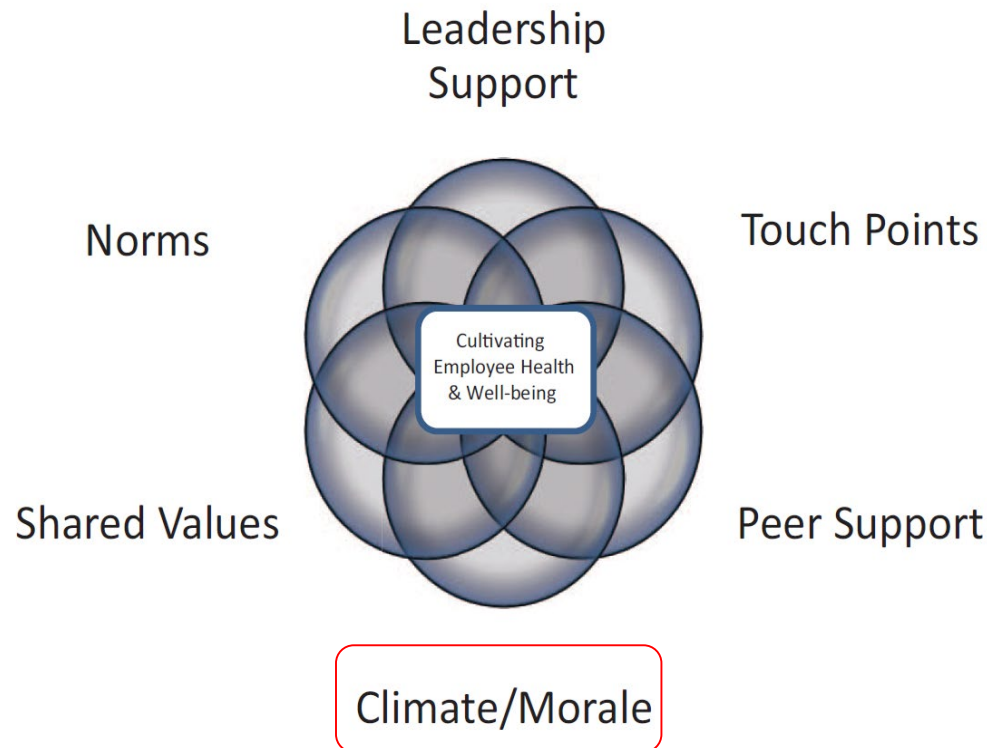
*Vision: For our employees to leave work at the end of the day healthier than when they arrived*

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# Theme: Leadership Support

## Episode 28: Fairness

Last week's Episode: Non-verbal Communication









# Why Should We Care About Fairness?

- Associated with work effort
- Acceptance of rules
- Willingness to take on additional duties

RETENTION



# Fairness and Performance





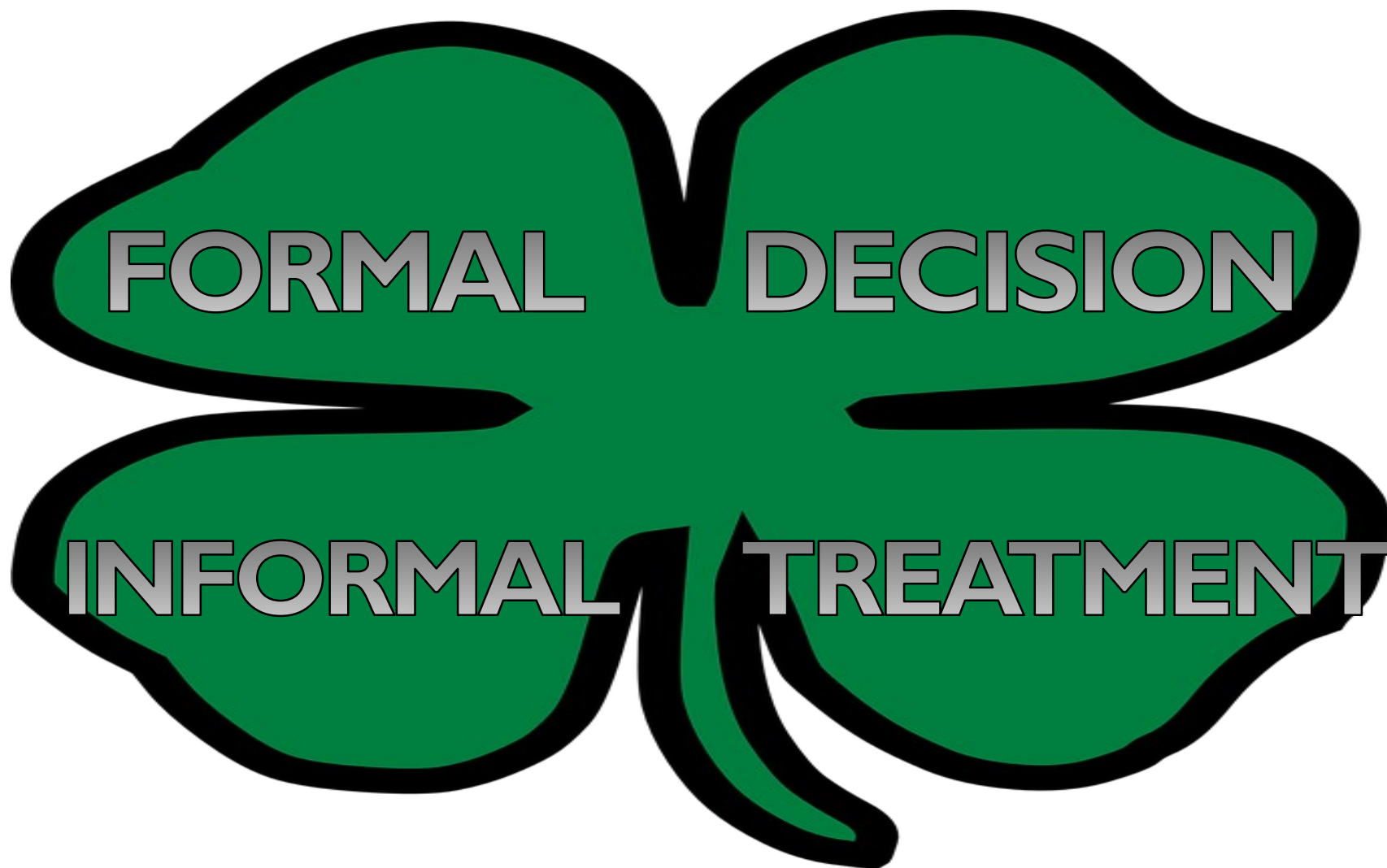


# Source of Justice





# An Employees View





# Implications





# Meet My Brother: Accountability



**It takes two!**



choice



# Discretion





# Theme: Leadership Support

## Episode 28: Fairness

- **Agenda tip # 33** Explain and discuss new policies and rules.
  - **Agenda tip #34** Invite team to help solve problems and agree on solutions
  - Answer two questions before you go!
- Next week:** Collaborative leadership



# Connect with Healthy at Hopkins and the Office of Wellbeing

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- Access the portal via my.jh.edu and 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>
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# Pick My Brain...

## What Question Do You Have?

