

# Ten Minute Wellbeing Tips for Managers



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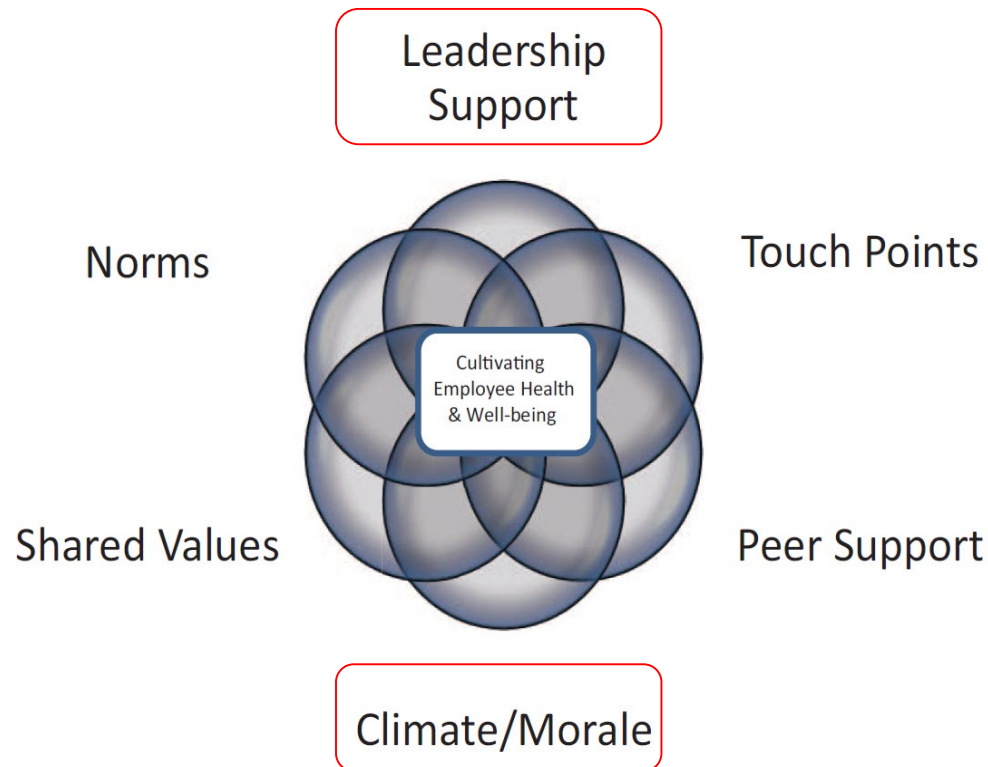
*Vision: For our employees to leave work at the end of the day healthier than when they arrived*

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# Theme: Leadership Support

## Episode 30: Celebration

Last week's Episode: Collaborative Leadership











FINISH











# Birthdays



# Birthdays







U.S. NEWS

# Man told employer not to celebrate his birthday. He was awarded \$450,000 after unwanted party.

Kevin Berling, who suffers from an anxiety disorder, told his employer a birthday celebration would trigger a panic attack, a lawsuit alleges.





# Theme: Leadership Support

## Episode 30: Celebrate

- **Manager tip # 32** Use a PTO day to celebrate your birthday outside of work. Give yourself a break. You only get so many birthdays in your life.
- **Agenda tip # 36** Ask your team if anyone wants to share any good news about their wellbeing journey



**Next week:** Going Deeper- getting to know each other's strengths

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# Pick My Brain...

## What Question Do You Have?

