

Ten Minute Wellbeing Tips for Managers

Episode 1: How to Bring Wellbeing to Your Team



Powered by the Office of Wellbeing

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

What?

absence of illness
emotions
connected spirituality positive
empowered healthy present purposeful
grounded family
wellbeing
fun well meaningful hedonic
valued as one with environment
productive balanced calm
sense of satisfaction
eudaimonic



WHY?

Yes, But Why Team Leaders?

- Enjoy your day
- Keep your team
- Stay healthy

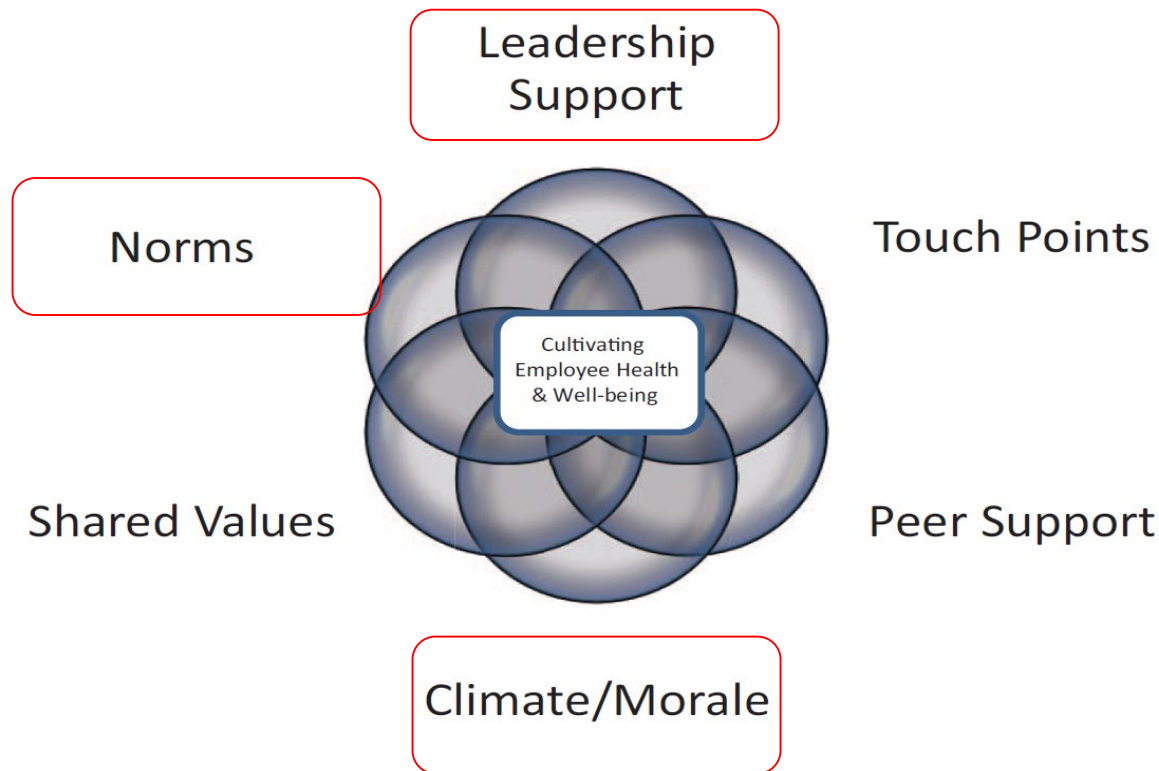
“Wellbeing is one of the best retention tools available.”



*Yvonne Mitchell, M.B.A.
Executive Director, Talent Acquisition
Johns Hopkins Health System,
Central Recruitment*

How?

Workplace culture is the collection of common beliefs and behaviors amongst the workforce



Episode 1: How to Bring Wellbeing to Your Team

- Agenda tip #1.
Put “wellbeing” on your team meeting agenda.
- Answer two questions before you go!
- Next week:
Leadership



Connect with Healthy at Hopkins and the Office of Wellbeing

Healthy at Hopkins

- 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>
- OWB@jhmi.edu

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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

Pick My Brain...

What Question Do You Have?

