

Ten Minute Wellbeing Tips for Managers



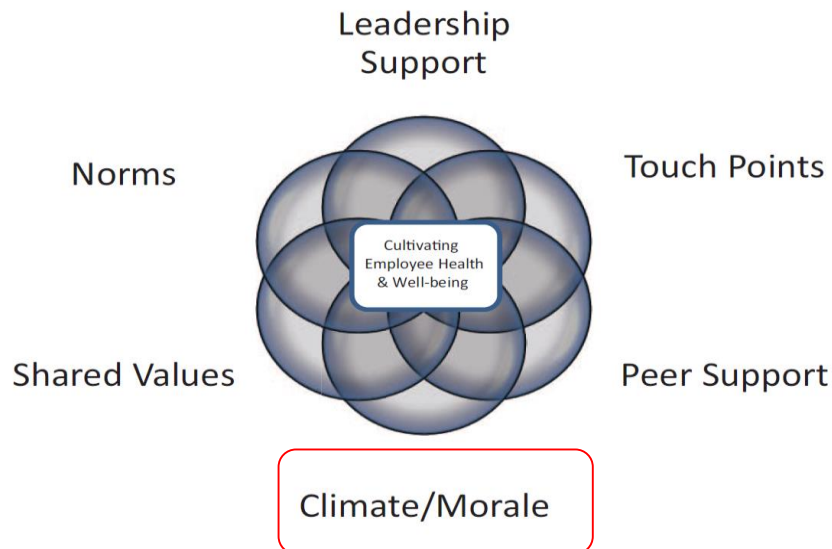
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Vision: For our employees to leave work at the end of the day healthier than when they arrived

Theme: Social Climate

Episode 11: Words Matter

- **Social climate is influenced by:**
 - Sense of community (Last week's Episode)
 - Shared vision (Episode 3)
 - **Positivity**



We Don't Always Realize What We're Saying



Ummm..., well, uhhh..., ummm

A Cup Half Full



It's time to play...

Words Matter!



Less of this...

- Cut
- Constructive criticism
- Never give up
- Control
- Dependent
- Blame

More of this...

- Reduce
- Feedback
- Keep up the good work
- Guide or Manage
- Connected
- Responsible / attribute

Tip the Scales in Your Favor





For me, it's one of the most ~~difficult~~ challenging parts of being a manager

Words Matter – Traveling Beyond the Receiver



Theme: Social Climate

Episode 11: Word Choice

- **Agenda tip #14.** Think about your vocabulary and make a change
- **Manager tip # 14.** Think about your vocabulary and make a change
- Answer two questions before you go!
- **Next week:** Showing vulnerability



Follow this leader resource links for more!

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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

Pick My Brain...

What Question Do You Have?

