

Ten Minute Wellbeing Tips for Managers



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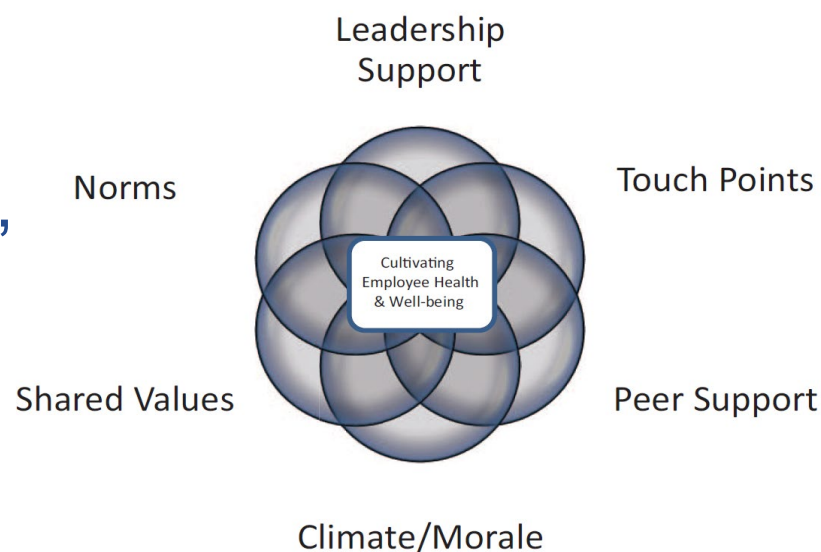
Vision: For our employees to leave work at the end of the day healthier than when they arrived

I Grew up in Buffalo, NY



Theme: Leadership

- **Share a Wellbeing Vision**
- Role Model
- Aligning resources, programs, practices and policies
- Role in social climate
- Establish wellbeing norms
- Celebrate



Theme: Leadership

Episode 3: Sharing the Wellbeing Vision



A Vision is Inspirational



Five Ingredients

- Inspirational
- Input
- Understandable
- Individual
- Contribution





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

Theme: Leadership

Episode 3: Shared Vision

- **Agenda tip #2:** Discuss the meaning of wellbeing
- **Agenda tip #3:** Discuss why wellbeing is important at work
- **Agenda tip #4:** Create a shared wellbeing vision
- **Manager tip #4:** Create your own wellbeing vision
- Answer two questions before you go!
- Next week: Introduction to Social Climate



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/office-of-well-being>
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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

Pick My Brain...

What Question Do You Have?

