

Ten Minute Wellbeing Tips for Managers



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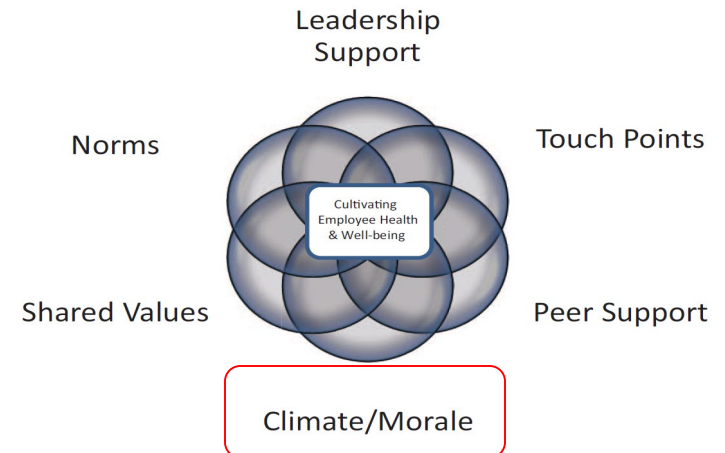
Vision: For our employees to leave work at the end of the day healthier than when they arrived

Theme: Social Climate

Episode 4: Introduction

Last Week's Episode:

Sharing the wellbeing vision



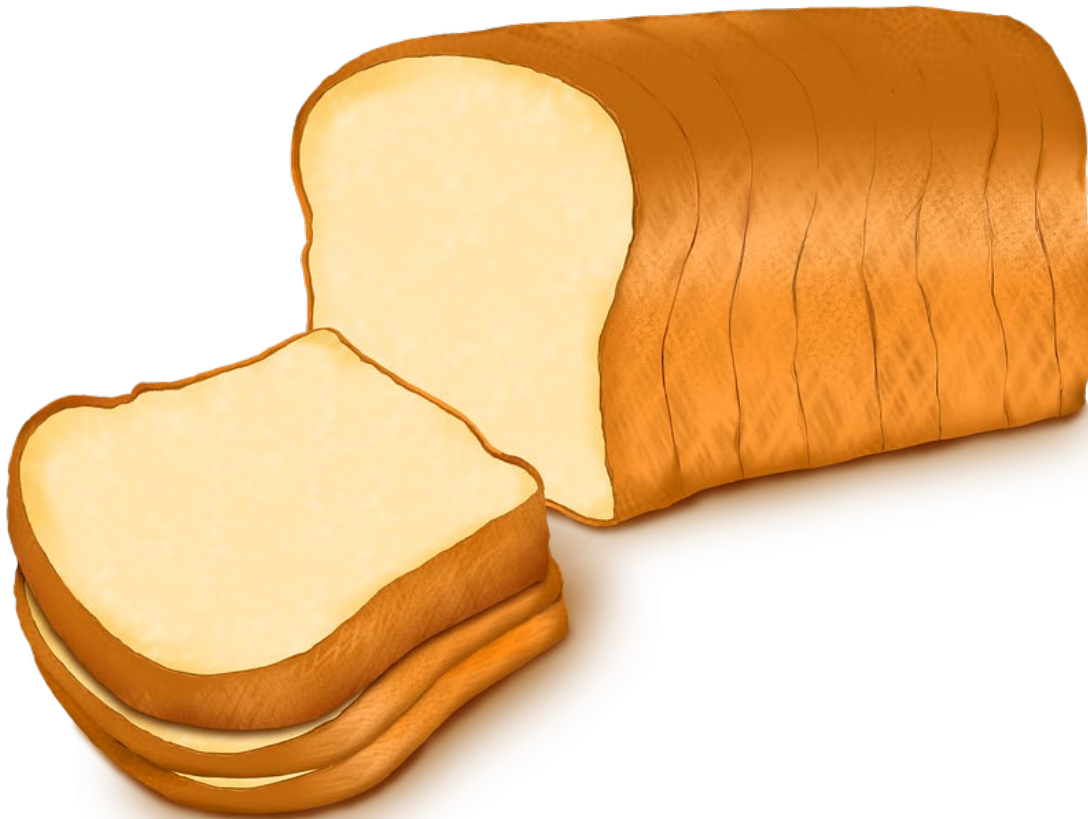
What Does It Mean?

TEAMWORK **IN SYNC** **GROUP COHESION**
GETTING ALONG **SYNERGY**
SOCIAL CLIMATE
WORKING WELL TOGETHER **SOCIAL CAPITAL**
ENGAGEMENT **MORALE** **ENERGIZED**
COLLABORATION

Why is it important for you?



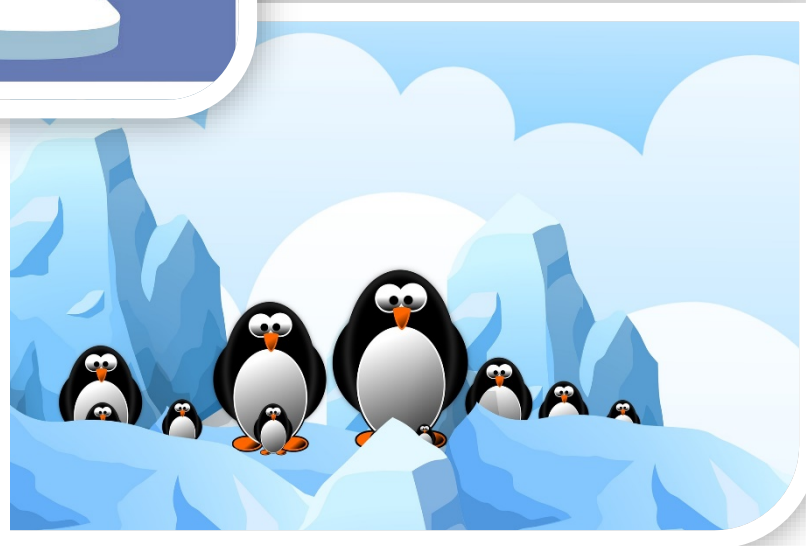
Why is it important for your team?



What are the ingredients for a good social climate?



**Sense of
Community**



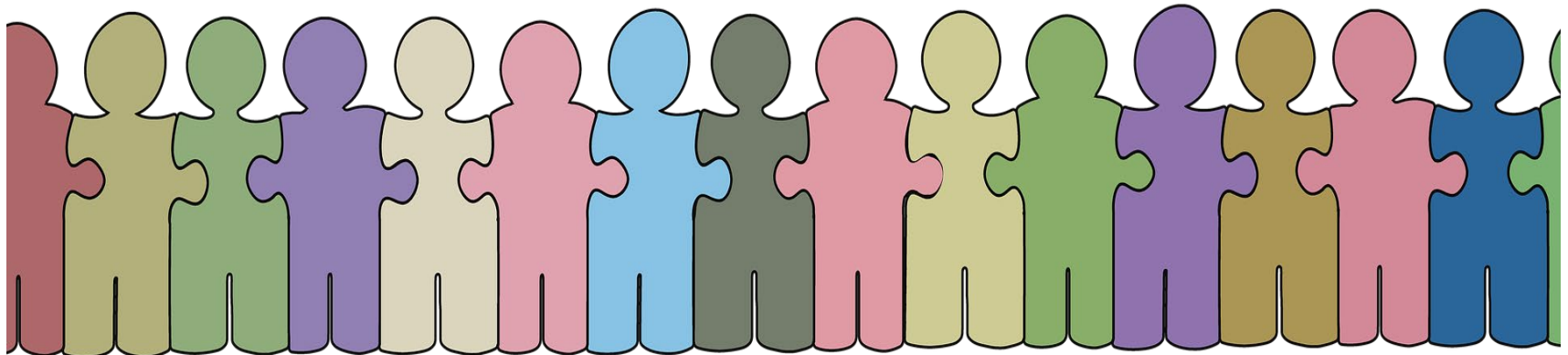
What are the ingredients for a good social climate?

Positive Outlook



What are the ingredients for a good social climate?

Shared vision



Putting it all together



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- **Agenda tip #5.** How was your weekend?
- **Agenda tip #6.** Share the JHM vision and discuss how your team contributes
- **Manager tip #5.** Perform an act of kindness
- Answer two questions before you go!
- **Next week:** Positive Outlook – Appreciation and Recognition



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Additional Wellbeing and Leadership Resources

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Pick My Brain...

What Question Do You Have?

