

Ten Minute Wellbeing Tips for Managers



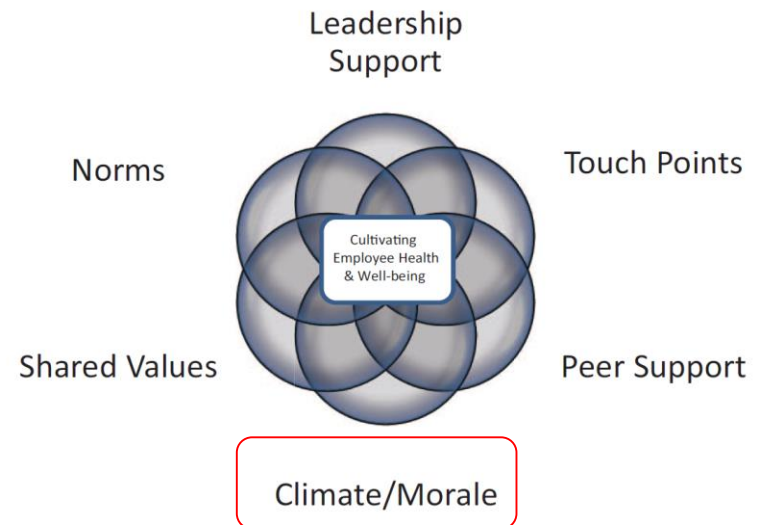
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Vision: For our employees to leave work at the end of the day healthier than when they arrived

Theme: Social Climate

Episode 5: Appreciation & Recognition

- **Last Week's Episode:**
Introduction to Social Climate
 - Sense of Community
 - Shared Vision
 - Positive Outlook



When there is a positive outlook.....

The focus is on strengths

We celebrate

Find solutions

Stay upbeat



The Benefits of Being Optimistic



Appreciation and Recognition

Yes

- Thank you
- Compliment
- Show concern
- Cheerlead
- Go out of your way

No

- Not acknowledging
- Ridiculing
- Socially isolating
- Unproductive criticizing
- Acting unfairly

Do you remember this slide?



Theme: Social Climate

Episode 5: Appreciation & Recognition

- **Manager tip #1-** Be aware of your own emotions.
- **Manager tip #3 -** Be nice
- **Manager tip #7 -** Applaud with “Applause”.
- Answer three questions before you go!
- **Next week:** Role modeling



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Additional Wellbeing and Leadership Resources

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Pick My Brain...

What Question Do You Have?

