



WORKPLACE WELLNESS 90-DAY STARTER KIT

TIMELINE OF CONTENT FOR LEADERS AND EMPLOYEES

OBJECTIVES:

1. To educate leaders about health promotion at work by sharing materials, articles, blogs, and videos.
2. To share health and wellness information, Focusing on YOU, with employees and their families.

MONTH #1

- Leaders – Pre-Launch overview of 90 days
- Employees – Launch – overview and virtual recording
- Leaders – Culture of Caring
- Employees – Mental Wellness – Mindfulness and Self-Compassion Webinar Recording
- Leaders – Member Portal Overview
- Employees – Activate Member Portal
- Employees – Personal Wellness Assessment – kick off

MONTH #2

- Employees – Final PWA push
- Leaders – Mental Wellness e-Campaign overview with digital posters
- Employees – 4-part Mental Wellness e-Campaign (1 part sent each week)
- Leaders – Mental Wellness as Part of a Wellness Program
- Leaders – Dear Stress, Let's Break Up Webinar offering

MONTH #3

- Leaders – Creating Positive Change
- Leaders – Virtual Self-Care Challenge offering
- Employees – Just Say Yes to Exercise
- Leaders – Happy, Healthy Employees
- Employees – Keep Calm and Eat On
- Leaders – Self-Care and Mental Wellness

PLUS.....Creating Joy Amidst the Chaos LIVE Webinar

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