

Multifaceted Wellness Strategy

Essentials Checklist

Organizational Culture and Leadership	<ol style="list-style-type: none">1. Develop a “Human Centered Culture”2. Demonstrate leadership3. Engage mid-level management
Program Design	<ol style="list-style-type: none">4. Establish clear principles5. Integrate relevant systems6. Eliminate recognized occupational hazards7. Be consistent8. Promote employee participation9. Tailor programs to the <i>specific</i> workplace10. Consider incentives and rewards11. Find and use the right tools12. Adjust the program as needed13. Make sure the program lasts14. Ensure confidentiality
Program Implementation and Resources	<ol style="list-style-type: none">15. Be willing to start small and scale up16. Provide adequate resources17. Communicate strategically18. Build accountability
Program Evaluation	<ol style="list-style-type: none">19. Measure and analyze20. Learn from experience

For help with organizing your corporate wellness strategy please feel free to contact me personally.

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