



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

February – Do I matter?

Interactive whiteboard activities are meant to be fun, joyful, a meeting place for your team to engage in conversation and a reason to socialize at work 😊 Think of it as team building.

DIRECTIONS: We provide a question each month, which aligns with the Lifesaver Wellbeing Series message and a simple 11x17 poster to help get your board started.

WHAT DO YOU NEED TO GET STARTED? Here is a quick list:

- Ideal white board size is 3 ft. x 4 ft.
- Central location with high visibility
- Wellness champion or department “social director”
- Creativity

WHAT'S INCLUDED IN February? Do I matter? YES you do!

- 11 x 17 poster Interactive Question
- 11 x 17 Lifesaver Poster
- Photo/word holders
- Sample email (see below)

Subject: Do I matter? YES you do!

Hey Team,

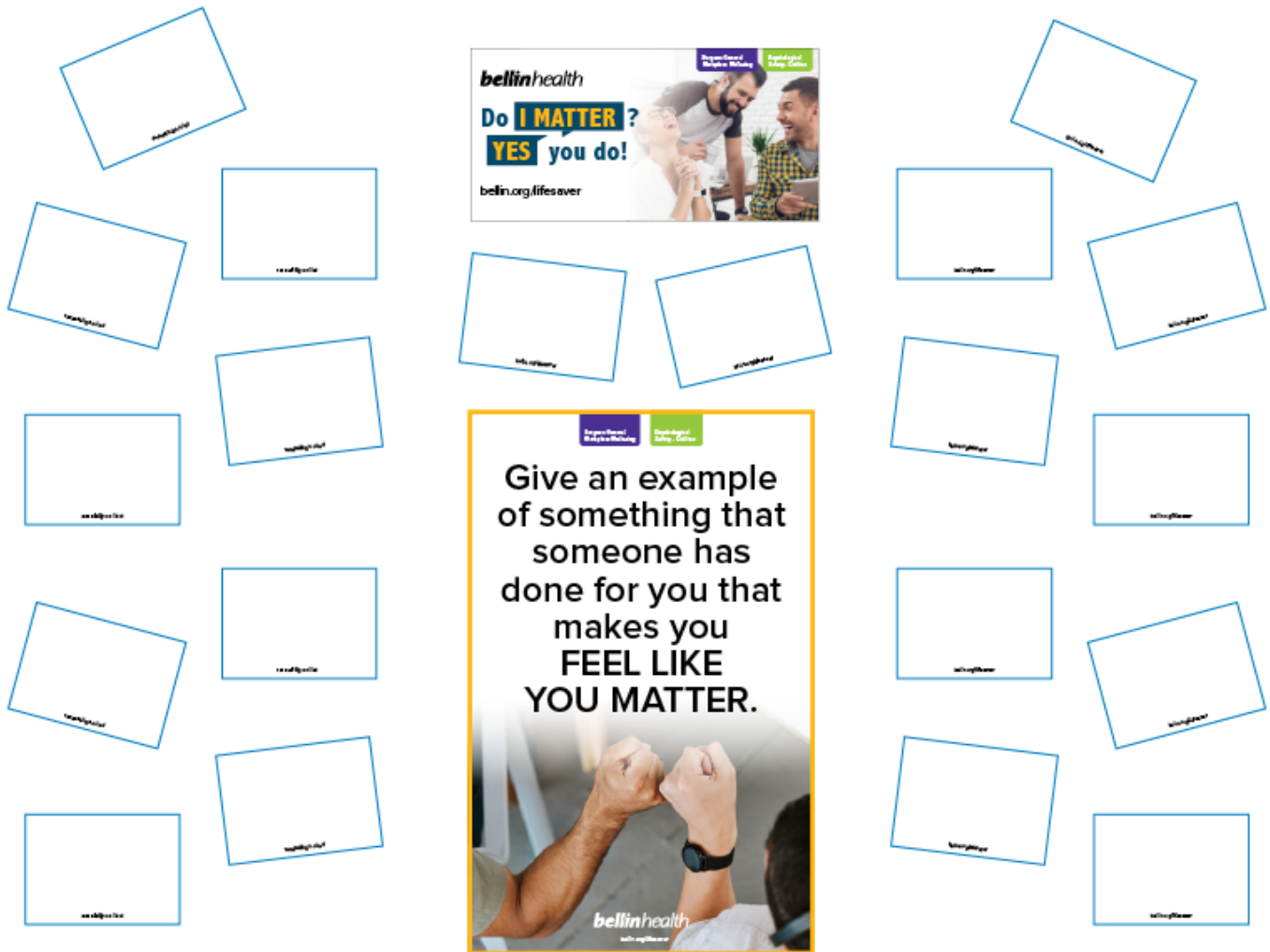
This month the Lifesaver topic is focusing on mattering. When someone feels a sense of importance and like they matter in an environment, it affects the engagement and health and wellbeing of us as employees. We want to feel like our talents, skills, and abilities are appreciated and needed both in our professional and personal lives.

This month's question of “Give an example of something that someone has done for you that makes you feel like you matter” offers an opportunity for us to share what makes us feel valued and appreciated. It also offers us a chance to reflect on how we may better treat one another so that we gain a sense of purpose in our workplace and as team members. I hope you put your ideas on the bulletin board and I look forward to hearing the stories of what makes you feel like YOU matter both here at Bellin/Gundersen and in your own lives.

Stay safe and stay well.

Linda

*If you are creating your board, this may require a little creativity on your part. Think of things that can be done in person or virtually. See the photo below for layout starting point. Feel free to add other materials or items to your board for interest.



For questions or additional inspiration, contact Linda Golik, Health & Wellbeing Consultant, Bellin Health Business & Community Health, linda.golik@bellin.org or 920.436.8668