



Lifesaver  
Wellbeing  
Series

# INTERACTIVE WHITEBOARD

Creating social connections within your team

## August – Safe and Sound

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 August? Safe and Sound**

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

Subject: Safe and Sound

Hey Team,

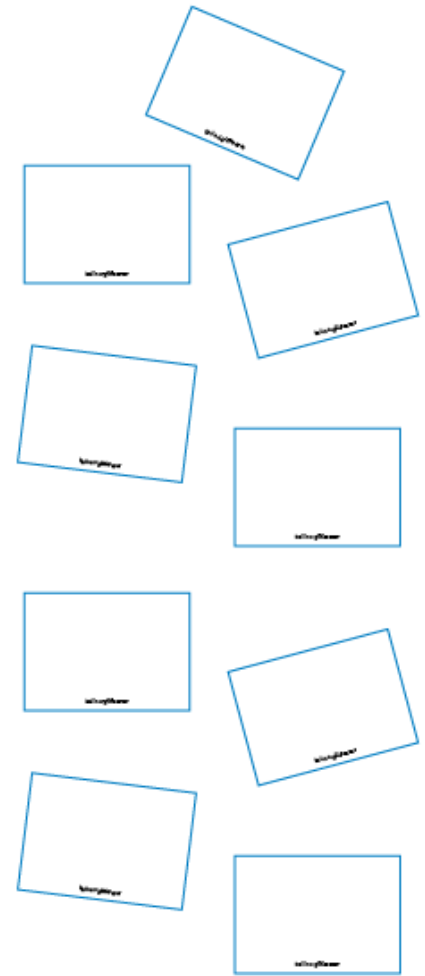
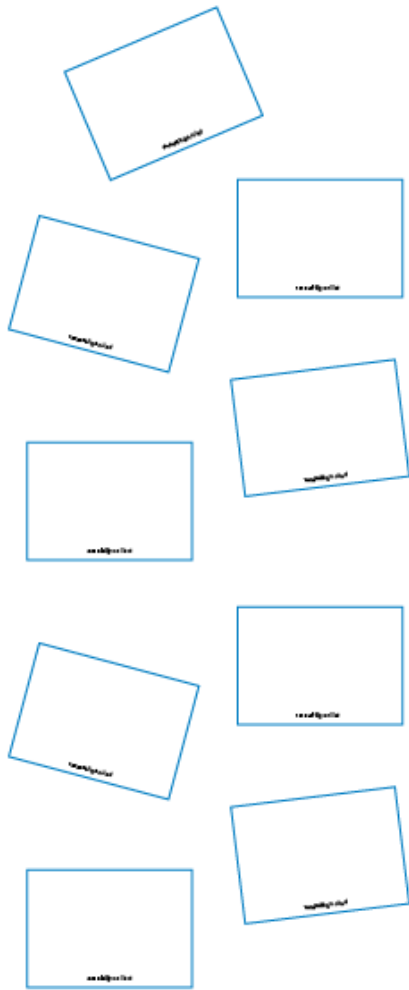
This month we are focusing on the importance of psychological safety. We know that when people feel psychologically safe in the workplace, they have better performance, health and wellbeing, and retention with that employer.

This month's question of “What can someone do to make you feel psychologically safe?” offers an opportunity for us to share our own preferences in how we can feel safe in a workplace. We already know that Bellin prioritizes the building of psychological safety in our team with our internal cultural program, Civilitas. We certainly hope you participate in this content as well and if you want to know more about the program, please reach out to me and I am happy to share more. I hope you put your ideas on the bulletin board and I look forward to hearing about your contributions on what makes you feel psychologically safe.

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 Health, [linda.golik@bellin.org](mailto:linda.golik@bellin.org) or 920.436.8668