



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

September – Work Life Harmony

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 September? Work Life Harmony

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

Subject: Work Life Harmony

Hey Team,

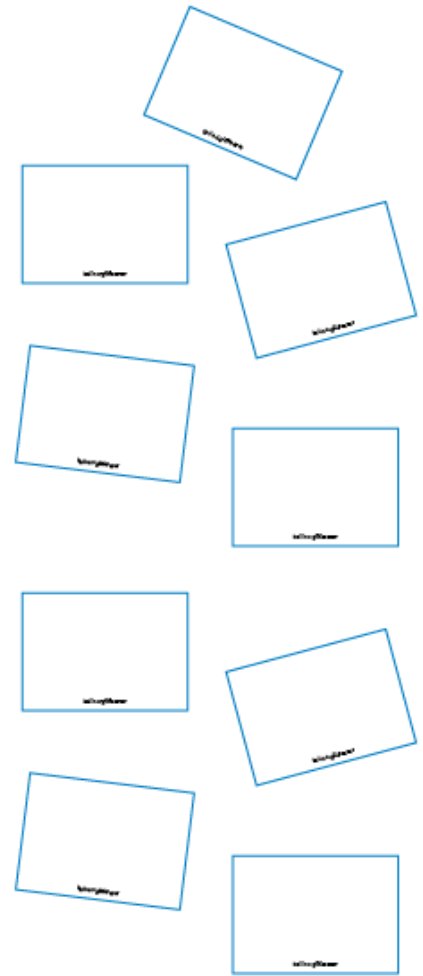
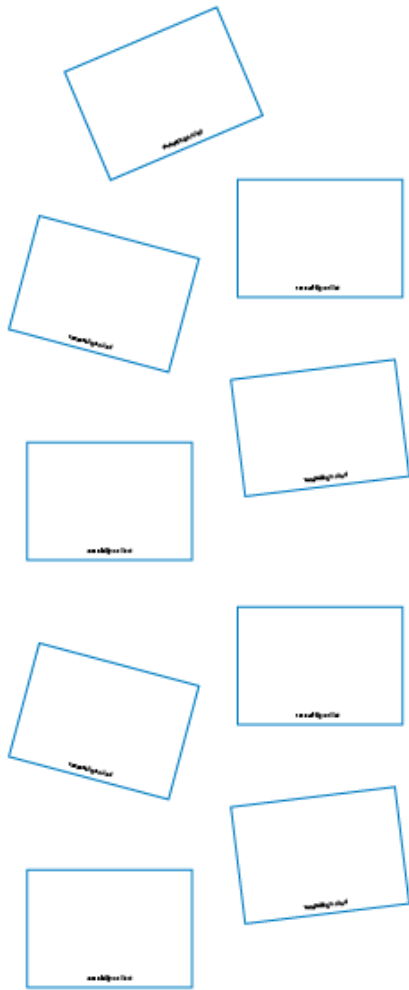
This month we are focusing on the importance of balancing work and life. We know that life throws many priorities at us and it can be a challenge to feel like we can really “do it all.”

This month’s question of “what’s your best tip for balancing work and home” offers an opportunity for us to share our best ideas how we manage to be the best version of ourselves both at work and at home. Whether it be utilizing flex time to manage your schedule or if you have any great go-to fast recipes, we would love to hear about them. I hope you put your ideas on the bulletin board, and I look forward to learning how you strive for harmony in your world.

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 or 920.436.8668