



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

October – Relationships

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 October? Relationships

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

Subject: Relationships

Hey Team,

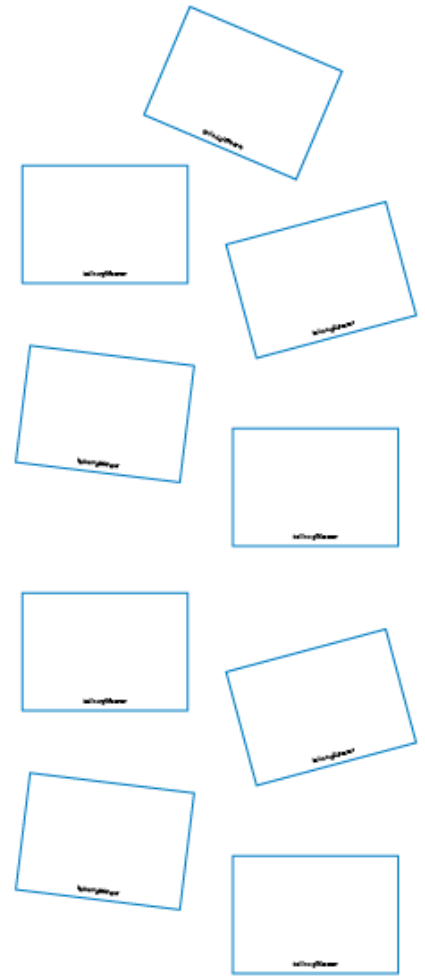
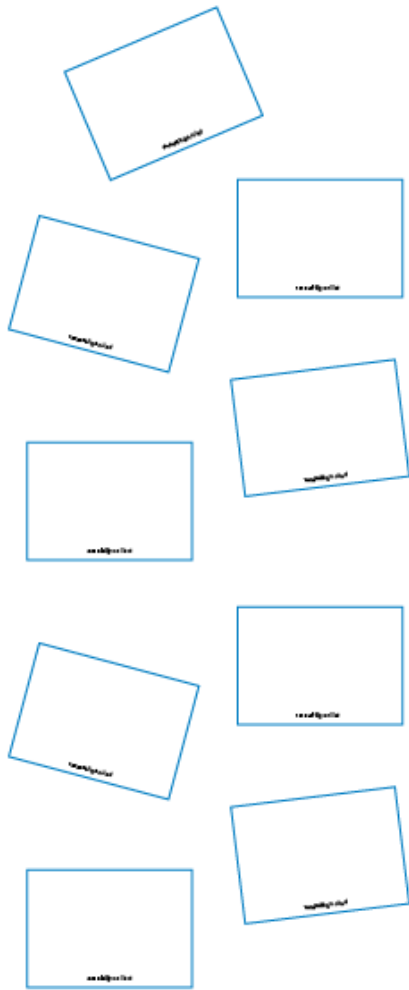
This month we are focusing on the importance of relationships. I think that we all know that having good relationships in our lives brings us a sense of fun, love, and fulfillment.

This month’s question of “Who’s your go-to support person” offers an opportunity to reflect on who we lean on when we are looking for support. Whether it be your spouse, parent, or workplace bestie, we all get by with a little help from our friends. I hope you put your ideas on the bulletin board, and I look forward to learning who you look to for support.

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