

EMPLOYEE WELLNESS IN ACTION

Using the "**Somebody-Wanted-But-So-Then**" format for your story. Use the planning storyboard on the second page. Submit a video, 3 minutes or less.



Celebrate What Makes U Different

Feature something that is unique to your department

SOMEBODY

Introduce yourself and your team.



Example: "I work in the Oshar Center for Integrative Health as the Employer Wellness Programs Manager."

WANTED

What type of office environment do you want to foster?



Example: To get outside and foster connection throughout the department

BUT

Describe the obstacles to overcome?



Example: not having enough time during the work day

SO

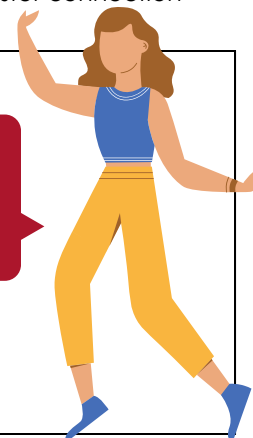
Explain how this obstacle was resolved.



Example: We implemented 15 minute post-lunch walking groups and change up the groups monthly

THEN

What benefits have you experienced from this change?.



Example: Now we connect as coworkers, get outside, move our bodies and find we are more productive throughout the day.

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SOMEBODY

Introduce yourself and your team.
Example: "I work in (your department/area) "

WANTED

State the motivation of the group--what is the goal regarding employee wellness? What type of office environment do you want to foster?

BUT

Describe the obstacles to overcome to meet the goal.

SO

Explain how these obstacle were resolved.

THEN

Explain what benefits are being experienced from this change.