Celebrate What Makes U Different

Feature something that is unique to your department

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

Introduce yourself and your team.

Example: To get outside and foster connection throughout the department

WHAT TYPE OF OFFICE ENVIRONMENT DO YOU WANT TO FOSTER?

BUT

Describe the obstacles to overcome?

Example: not having enough time during the work day

SOMEBODY

WANTED

SO

Explain how this obstacle was resolved.

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

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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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.
EMPLOYEE WELLNESS IN ACTION

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

BUT
Describe the obstacles to overcome to meet the goal.

SO
Explain how these obstacles were resolved.

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

THEN
Explain what benefits are being experienced from this change.