



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

June – Time to Grow

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 June? Time to Grow

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

Subject: Time to Grow

Hey Team,

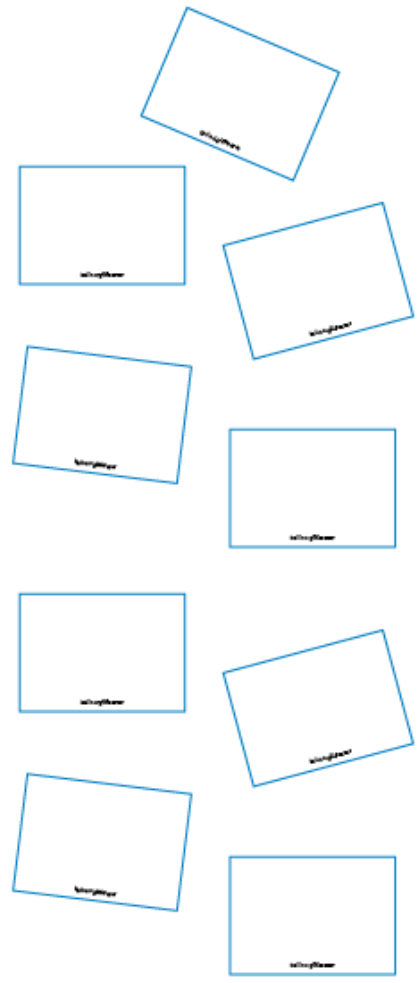
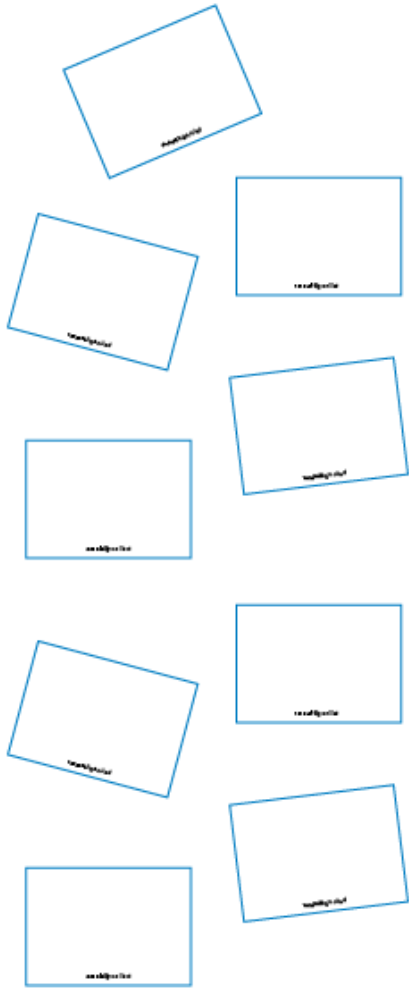
This month we are focusing on the importance of growth. We know that growth is good in our kids, in our organizations, but what about you personally? Do you know that growing benefits you and how you journey through this life?

This month's question of “What can you do to grow in your workplace?” offers an opportunity for us to think about how we can each grow in our roles at our workplace. We already know that we spend a great majority of our lives working so growth in our work is vital to overall growth of ourselves. It also contributes to the career piece of wellbeing. I hope you put your ideas on the bulletin board and I look forward to hearing about your ideas on how you continue to grow.

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 & Community Health, linda.golik@bellin.org or 920.436.8668