



Lifesaver
Wellbeing
Series

INTERACTIVE WHITEBOARD

Creating social connections within your team

January – Where do I belong?

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 January? Where do I belong?

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

Subject: Where do I belong?

Hey Team,

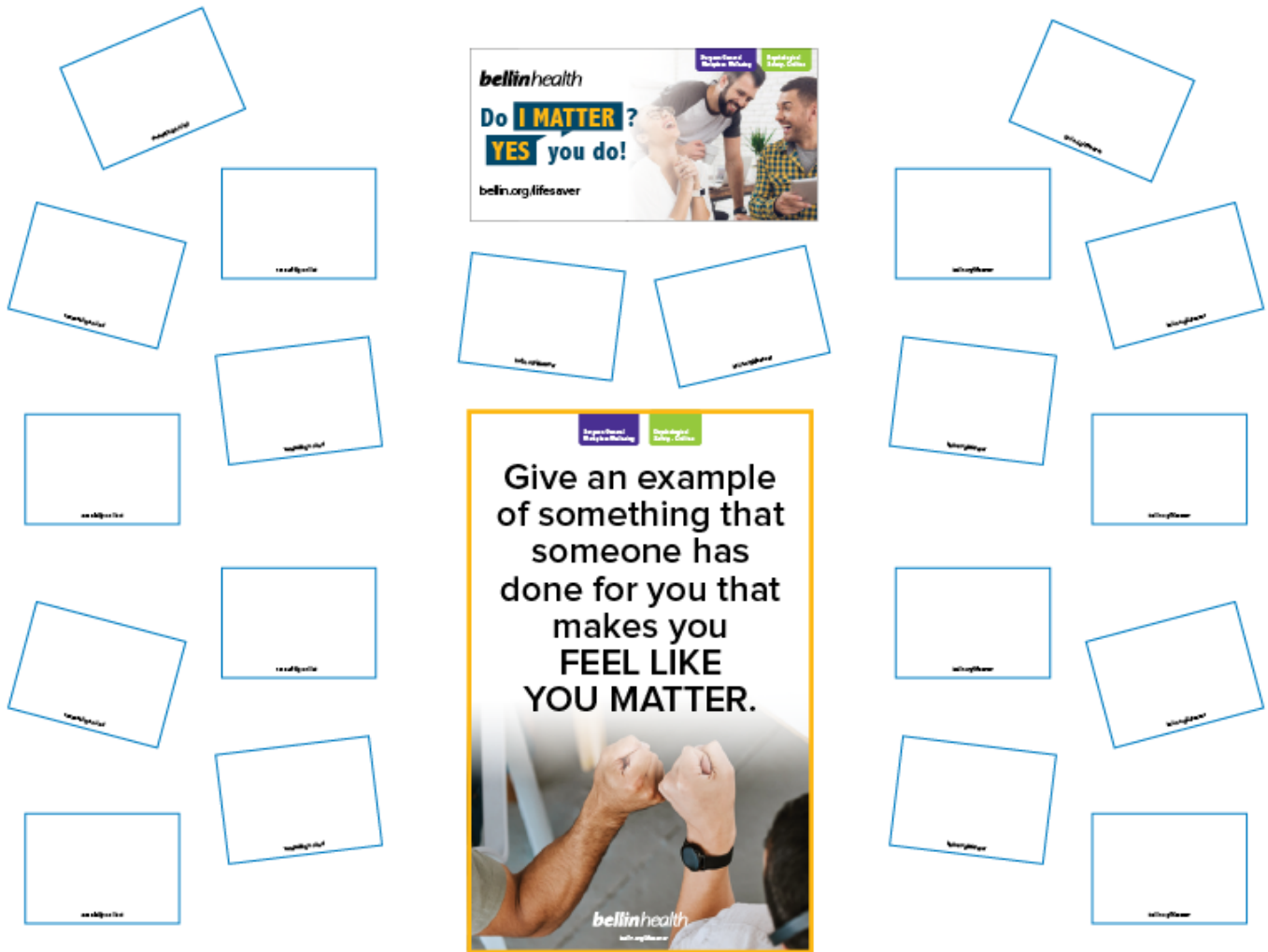
This month the Lifesaver topic is focusing on belonging. Belonging is now one of our Gundersen Bellin values and it really impacts the engagement and health and wellbeing of us as employees. We want to help each other feel a sense of belonging that will encourage safety, creativity, and innovation.

This month’s question of “What makes you feel like you belong in your workplace?” offers an opportunity for us to share what makes us feel that sense of belonging and we can better understand each other’s needs. It also offers us a chance to reflect on how we may better treat one another so that we gain a sense of belonging in our team. I hope you put your ideas on the bulletin board and I look forward to learning how everyone feels that very important sense of belonging.

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