

Workplace Wellness

JOELLE MONACO CONSULTING

M Host a mental health training	T Share benefit updates and highlights	W Host an outdoor meeting	Th Start or share information about ERG's	F Weekend challenge: Disconnect from work until Monday!
M Provide 1-hour of preventative care PTO	T Provide a variety of courses for your team to take	W Take a 10-minute mindful break (color, breath, walk, stretch, etc.)	Th Invite a financial professional to share resources (debt management, investing, etc.)	F Host a lunch and learn
M Share healthy snack recipes	T Share information and the importance of taking PTO	W Host an internal networking event	Th Take a 10-minute movement break	F Get an early start on the weekend!
M Host a mentoring Monday event	T Host a book club	W Provide an environmental enhancement stipend	Th Provide healthy snack options	F Weekend challenge: Disconnect from work until Monday!
M Share resources (food, medical providers, legal, housing, etc.)	T Provide a career coach on-sight	W Host a team volunteer day	Th Host a transportation information session	F Host an information session on budgeting