

Breathing Energy into a Wellness Team

After establishing a wellness team, it is important to consider strategies for how to keep momentum going for wellness initiatives. Below are some suggestions to motivate your team:

- Recruit the CEO or another influential executive to sit in on a wellness meeting and explain the importance of workplace wellness efforts.
- Create a team name, vision and tagline to help provide a sense of identity and inspire team members.
- Continually recruit new team members who are natural leaders. Select individuals who others gravitate to and look to for guidance. Consider one- or two-year terms for members.
- Assess the individual strengths of each team member to determine how you can best use his or her talents.
- Set goals for the team to achieve. Established goals will create an energy that will push members towards your goals and objectives.
- Publish a team newsletter to create a sense of pride and to outline the efforts of the wellness initiatives. Highlight information regarding the team's priorities, wellness success stories, upcoming events, your vision statement and your motto.
- Take the team on a retreat as a way to regroup and re-energize. Taking a team photo can help create an identity for the team, and it can be used on promotional materials.
- Continue wellness education by bringing in outside resources from the surrounding community to support the team while offering new ideas for them to implement.

By following the steps above, you can keep momentum going for wellness efforts and ensure your staff stays passionate about improving employees' well-being.

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