

SNEAK PEEK

Sample of a
WCWI-facilitated Roundtable

EDUCATION

Topic: Burnout | Mental Wellness | Resiliency

Shared Resource: [WELCOA Expert Interview: “The Under-explored High-stakes Reality of Stress and Burnout at the Workplace”](#)

- How are you addressing employees experiencing burnout?
- How is mental wellness and resilience training being integrated into your wellness strategy?
- What resources or tools have been successful?

MANUFACTURING

Topic: Total Worker Health (TWH): A Strategy Connection Between Safety + Wellbeing

Shared Resource: [CDC | NIOSH Total Worker Health](#)

- What is the relationship between worker’s safety/work condition and worker’s health condition?
- What concepts of TWH’s methodology could be incorporated into your wellness strategy?
- How are you creating an environment that enhances worker health and safety and promotes health and wellbeing?

HEALTHCARE | PRACTITIONERS

Topic: Well Giver Concept: The Personal Side of Wellness

Shared Resource: [Redesigning Wellness Podcast: The Personal Side of Well Givers with Mitch Martens](#)

- What is it? Discussion on concept derived by Mitch Martens
- Well giver = Someone who not only provides wellness strategy but enhances employee experience and builds upon their strengths
- How does this concept fit in with where Wellness is going?
- How do we apply a holistic approach to the wellness strategy?

PUBLIC SECTOR

Topic: Developing Wellness Strategy Across Unique Department Subcultures

Shared Resource: [MA Working on Wellness Blog Post “One Size Does Not Fit All”](#)

- To reach the many facets of your workforce, how do you address a “one size does not fit all” approach in your wellness initiative?
- How do you strive to create an inclusive environment for the demographic you serve?
- Who should be in these conversations?
- How do you balance the duties of public service while also serving the needs of your employees?