

# APPROACH FOR TEAM WELLNESS

How to Prevent Burnout, Build Resiliency, and Foster Joy in Work



## HIRING

Have recruitment and orientation plans for a team not just one individual. Have the potential hire shadow a team to better understand what the work will look like. This also gives the team an opportunity to assess the potential hire.



## ONBOARDING

Center onboarding activities around the team.



## THE RIGHT TRAINING

Provide protected team time for skills training to help team members feel better equipped and more confident.



## TIME FOR REFLECTION

Provide protected time at work for team members to gather to reflect about the work and the impact it has on them.



## INDIVIDUAL SELF-CARE

Provide non-scheduled time for staff to spend how they want – e.g., physical exercise and mindfulness.

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