



Wellbeing
SOLUTIONS

Creating a Culture of Health



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SOLUTIONS

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Shifting Trends

- From knowledge to human economy
- Human capital - most valuable resource
- Wellness as a way of being
- Cultures of Health - 2 way relationship

Engage Employees

- What are you feeling? (Where does it hurt?)
- What is the workplace you long for?
- As your bravest self, what do you do now?

*Adapted from Krista Tippett's "Ask 3 questions"



Creating Cultures of Health at Work

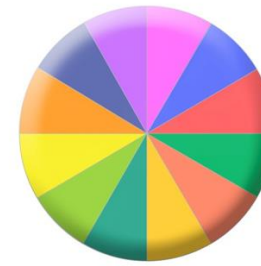


**Whole-person
wellbeing
balances all of
life's dimensions
for optimal vitality.**



**Everything
is connected.**



Experience a unique self-evaluation.



WELLNESS INVENTORY

How True?	How Motivated?
	

Rate your wellbeing dimensions and your motivations.

The results may surprise you!

-  HOME
-  Assessment
-  Action Plan
-  Coaching
-  Progress
-  Journal
-  Study Center
-  Resources

[VIEW FULL TOUR](#)

- SCORES
- STRENGTHS
- MOTIVATIONS
- SUCCESSES

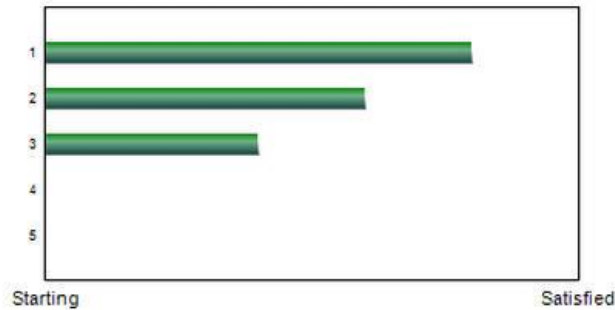


I feel like a window has opened to a new world of possibilities. Looking forward to the journey!

Share Ideas and Progress



ACTION PLAN PROGRESS



MESSAGE FOR YOU

You used the Progress Tracker, good work. Check it often to rate how you're doing on action steps. Keep up the good work.

Sent: 3/29/2014

Amanda,

As we discussed in our session, remember to log in to update your progress on your action steps one day this

● Assessment

● Scores

○ Action Step

○ Email Reminder

Start Your Action Plan

To access the features of the full Wellness Inventory program, you will need to create at least one Action Step.

TIP: If you want help in creating your action step, select the Virtual Coach Focus Process.



[USE VIRTUAL COACH HELP >](#)

or skip and



[CREATE ACTION STEP NOW >](#)

[< LOG OUT](#)

Create action steps.

● Assessment ● Scores ○ Action Step ○ Email Reminder

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Action Step

I play relaxing music before bedtime prepare for sleep.




6:00 AM ▲
7:00 AM □
8:00 AM ▼
9:00 AM ▼

Save

S M T W T F S

Email Subject
Music for sleep!

Manage My Steps

- Eat smaller portions at dinner and eat more slowly. 
- Drink 16 oz. glass of water upon awakening. 
- Set aside every Sunday night for quality family time, dinner. 

[Edit](#)
[Delete](#)
[Archive](#)
[Add To Successes](#)
[Set Reminder](#)

Keep it Simple



Small steps for continuous improvement lead to sustainable change.



Steps to Vibrant Wellbeing

Awareness

Intention (Collective)

Action

Celebrate Success

Repeat



In Your Worksite

- Wellbeing Snapshot - individual & group
- Resource Library – personal & sharing
- Thriving Groups
- Educational Workshops
- Coaching – opt-in
- Celebrate Success

Simple Steps to Wellbeing Clips

[WVU Medicine Simple Steps to Whole Person Wellbeing](#)



Questions?

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