2010.04.20 Wellness group meeting

Added by Gail Shannon Steinhart, last edited by Gail Shannon Steinhart on May 10, 2010

Attending: Linda Bryan, Talya Hoffman, Lynn Thitchener, Gail Steinhart, Boaz Nadav-Manes

(email sent to everyone who attended):

Just a summary of where we left things yesterday, and the key documents (attached). Wellbeing At Work Planning.xlsx has all the details - who taught what when, contact info, cost, and on a separate sheet, the course descriptions. I've also attached the Program Purpose document that Talya put together - does a really nice job of explaining why it's good that we're doing this! We'll also soon have the complete survey results from Talya, in case we need to go back to that for any reason.

Library Forum will sponsor the following programs:

- Chair Yoga
- Creating a culture of sharing
- Relax and de-stress session
- Walk with the UL

Career Development will sponsor the following programs:

- 7 habits...
- Managing your career
- StrengthsQuest
- Time management

Library Human Resources will sponsor the following programs:

- Computer ergonomics workshop
- EARS
- Life coaching

We agreed to aim for the following programs for fall 2010:

- Sept - walk with the UL (LFSC)
- Oct - Managing your career (CDC)
- Nov - Relax and de-stress (LFSC)
- Dec - StrengthsQuest (CDC)

We'll sort out spring programming later, depending in part on the availability of the people needed to lead those programs.
And we'll pow-wow in June to see how things are going and plan announcements/marketing. I'll schedule that.

Labels: None