



NAVIGATING EMPLOYEE WELLNESS: CHALLENGES & SUCCESSES

build & strengthen your wellness tool kit

AMANDA LALONDE, MPH



CHALLENGES



**WHATCHA TALKING
'BOUT WILLIS?**

Communication &
Connection



**KEEPING UP WITH
THE JONESES**

Limited Resources &
Funding



**DEFINITELY,
MAYBE!**

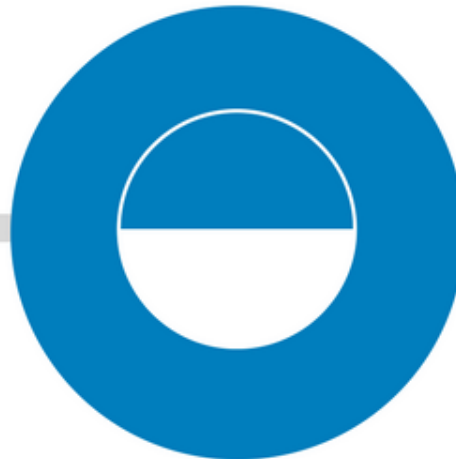
Interest, Participation
& Priorities

SUCCESSSES



PHONE A FRIEND

Communication &
Connection through
Wellness Committee
Members, Champions,
and Admins



50 / 50

Connecting
Community &
Employee Wellness



ASK THE AUDIENCE

Culture Shift through
Wellness & Employee
Engagement

01

SHOW YOU CARE

listen to your employees on what they want and need. break down barriers and provide available resources.

02

NETWORK & COLLABORATE

build relationships & trust among leaders, employees and community members. collaborate. always act with honesty & integrity.

03

INCORPORATE THE BIG PICTURE

develop a strategic plan, including a communications plan. visualize your part in the bigger picture.

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THANK YOU!
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