

Wellness Training for Managers and Supervisors

How to use

1. Share the message below with managers and supervisors.
2. The message is ready to use as is. You can edit it to make it work for your organization.

MESSAGE BELOW

Subject: Your positive impact on employee well-being

Thank you for your ongoing leadership in our organization.

As a leader, you play a key, influential role in the morale and culture of our workforce.

We have experienced a lot of changes and challenges these past few years. Focusing on staff well-being is not only the right thing to do, but it can also result in:

* Happier, healthier, and more productive employees
* Reduced employee absenteeism and turnover
* Longer retention of knowledgeable employees
* Reduced health care costs and workers’ compensation costs

The Washington Wellness team at the Washington State Health Care Authority created a short [video](https://www.youtube.com/watch?v=YkWGWWrTh6I) about promoting employee wellness. They also provided a [resource](https://www.hca.wa.gov/assets/program/Resources-wellness-training.pdf) document with links to information about the wellness benefits available to our employees. I invite you to check these out and contact me if you have any questions.

Be well,

SIGNATURE