

# stryker

one team, one plan, one dream  
stronger together wellness program

## CHANGE CHAMPIONS

<b>JAN PRIDE</b> - Video, Plan + Prep - Team check in - Manager check in	<b>MAR BALANCE</b> - Team check in - Video + Stress Less Quiz Completion - Change Champions call	<b>MAY MOTIVATION</b> - Team check in - Video + Movement Challenge - Change Champions call - LT 30min Live Session Q&A	<b>JUL FOCUS</b> - Team check in - Video + Digital Wellness Challenge - LT 30min Live Session Q&A - Manager 6mth Wellness KPI Reviews	<b>SEP INSPIRATION</b> - Team check in - Video + Play Archetype Quiz - LT 30min Live Session Q&A	<b>NOV AWARENESS</b> - Team check in - Video + Kindness Challenge - Change Champions call
<b>FEB INTEGRITY</b> - Team check in - 30min Values Live Session	<b>APR CONNECTION</b> - Team check in - 13 <sup>th</sup> @ 12noon 30min Connection + Mindfulness Live Session - Manager Quarterly Check in - LT 30min Live Session Q&A	<b>JUN AUTHENTICITY</b> - Team check in - 30min Courageous Conversations Live Session	<b>AUG RESPECT</b> - Team check in - 30min Dealing with the Difficult Live Session - Change Champions call	<b>OCT INNOVATION</b> - Team check in - 30min Ignite Your Creativity Live Session - Manager Quarterly Check in	<b>DEC CELEBRATION</b> - Team check in - 30min Reset, Reflect, Share + Celebrate Session

### Schedule for your calendar

#### 1st Week of the Month ..

- **JUMP ONLINE HERE** - Review monthly theme content and reflect on share ways to bring it into your team meetings, office environment and day to day. *NB. each month will have different requirements and monthly commitments for everyone which you will find more info online - some include encouraging team challenges, check ins with their managers, buddy coaching conversations, attendance to the live sessions or completing of the months quizzes and activities.*
- After review open a discussion in the Teams Chat about any ideas you have for the month, and/or email [kyla@thegreatgroup.com](mailto:kyla@thegreatgroup.com) with any questions
- Print and put up posters where appropriate
- Confirm with LT and Managers which meeting day/time Wellness Update will be and ensure you have everything you need to share the months theme, commitments and activities and/or check in with anyone nominated that they are ready and prepared.

#### Mid Month ..

- Check in with team they have received, completed their monthly activities and scheduled their buddy coaching sessions
- Encourage attendance of your team with a reminder on the day of live sessions

#### End of the Month ..

- Check you have accepted and confirmed times in your calendar for the live sessions
- Email Kyla any ideas, questions, awareness from the month
- Confirm with LT and Managers has scheduled next months 30mins in a team meeting to discuss theme and go through content (or promote live monthly session )

#### 1st Month of the Quarter

- Check in with LT and Managers to ensure they have all that is required for their team reviews and/or these are completed either individually or within team meetings each month
- Confirm acceptance to Wellness Change Champion training with Kyla