



WELLNESS PROGRAM PROVISIONING EXERCISES

Whether you are building a new wellness program or revamping an existing program, it is important to help leaders see the value to gain their support. You can use these two exercises to do just that as well as identify priorities as you work through [WELCOA's Well Workplace Process](#).

Exercise 1: Values & Benefits

PURPOSE

The purpose of the exercise is to help leaders and managers see the value and benefits of wellbeing initiative to the business.

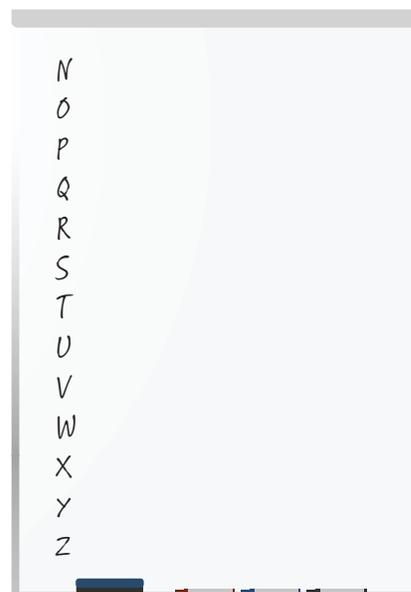
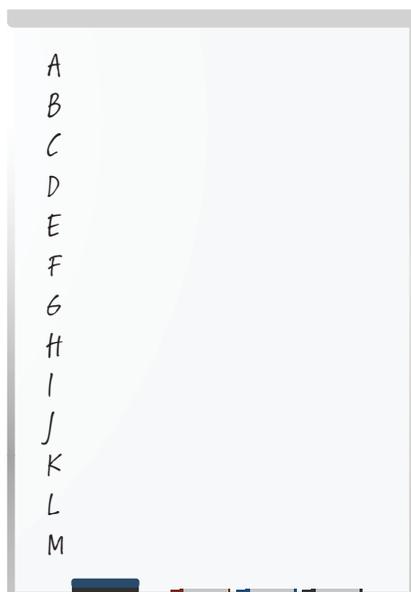
EQUIPMENT

Two easel pads and markers

PROCESS

Split the group into two teams. Give the teams five to seven minutes to complete the exercise. Next to each letter of the alphabet, the team is to write a word that is a value or benefit of a wellbeing initiative.

For example: A = Adaptability, N = Nurture



Exercise 2: Identify Priorities

PURPOSE

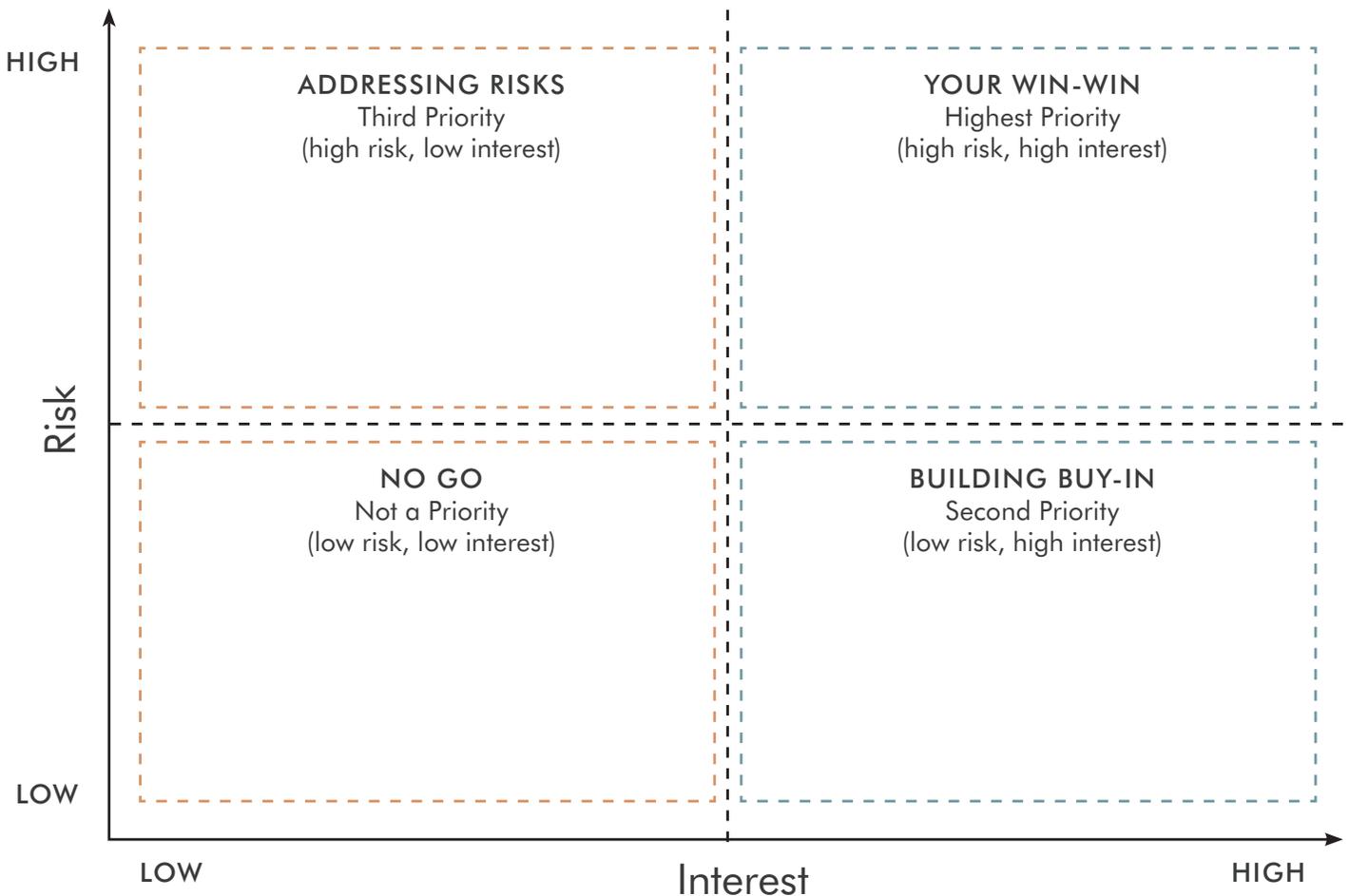
The purpose of the exercise is to identify the program priorities based on the data you have collected.

EQUIPMENT

Priority Grid Worksheet

PROCESS

1. Identify the top three needs/risks from the data you have collected.
2. Identify the top three employee interests.
3. Plot on the Priority Grid, giving precedence to interests over needs/risks.



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Mari Ryan, CEO and Founder of AdvancingWellness uses these exercises and more in WELCOA's certification course "[Small Business Wellness: Creating Big Results in Small Organizations](#)." Available to Members only, Mari reviews the barriers that small businesses face when implementing worksite wellness initiatives, opportunities unique to small businesses and how you can use the learnings of a research-backed initiative to implement a wellness strategy in your small business.