WELLNESS-ORIENTED RESOURCES FOR MANAGERS

PROFESSIONAL & ORGANIZATIONAL DEVELOPMENT
UNIVERSITY of WASHINGTON
Human Resources

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Centering Wellness in Workplace Culture

MANAGER TRAINING

- **Strategic Leadership Program**
- **Upcoming POD classes for managers**
- **Special events**

MAPPING MANAGER TRAINING TO WELLNESS

	Related content	When offered
SLP Supervisor Orientation	Your role and impact as a supervisor, partnering with Human Resources, SafeCampus	Continuously
SLP Level 1	Making connections with your employees, understanding your employees, situational supervision, giving feedback, manager as coach, conflict resolution	Quarterly
Building a Positive Work Culture	Work-life balance, employee engagement, organizational culture, active listening, workplace well-being	Winter/Summer
Learning to Lead	Creating a positive and professional work environment, employee morale, adaptive skills	Quarterly

ENHANCING THE EMPLOYEE EXPERIENCE

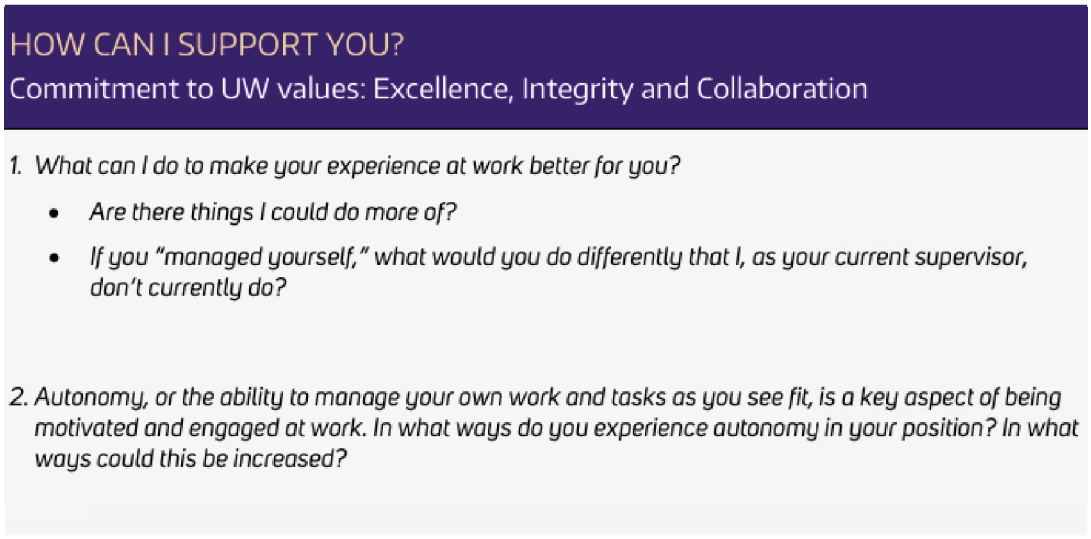
"Engagement is not something you can do to people. It's a context that you create in which people are inspired to bring their best and full selves to work."

– Susan David, HBR Guide to Motivating People

ENHANCING THE EMPLOYEE EXPERIENCE

- **Employee Experience Accelerator (self-paced class)**
  - Creating a culture of engagement
  - Motivating others and holding conversations to understand what motivates your team members
  - Being empathic and practicing active listening
- **Employee Experience Toolkit**
  - Best practices, conversation guides and sample scripts to help you hold open and meaningful conversations around the employee experience

EMPLOYEE EXPERIENCE TOOLKIT



HOW CAN I SUPPORT YOU?

Commitment to UW values: Excellence, Integrity and Collaboration

1. *What can I do to make your experience at work better for you?*
   - *Are there things I could do more of?*
   - *If you "managed yourself," what would you do differently that I, as your current supervisor, don't currently do?*

2. *Autonomy, or the ability to manage your own work and tasks as you see fit, is a key aspect of being motivated and engaged at work. In what ways do you experience autonomy in your position? In what ways could this be increased?*

SUPPORTING YOU & YOUR TEAM MEMBERS

Coaching & Consulting Alliance Services

- Leadership Development Coaching, Employee Performance Coaching, 360 Assessments
- Navigating Conflict and/or Change
- Team Building and Retreats
- Customized Trainings
- Organizational Assessments

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