

At-A-Glance: Maximizing leadership engagement

A successful well-being program begins with a commitment from top leadership and its continued success depends upon ongoing support at all levels of the organization.



Enhance leadership support

- Senior leaders need to be passionate, persistent and persuasive in communicating the importance of well-being to the organization and the employees
- To be genuine in promoting well-being, leaders need to embrace health & well-being as an individual priority. Set the example by actively participating in the program
- Inform, educate and motivate all levels of leadership on the positive role they are expected to play to support well-being initiatives

Enhance managerial support

- Communicate well-being program information during department meetings and team “huddles”
- Allow employees time to participate in well-being activities
- Lead by example
- Encourage team members to practice in healthier behaviors

Practice the rules of “ate”

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| Create | Make the healthier choice the easy choice by creating a supportive, health-promoting environment |
| Communicate | Communicate frequently through different channels... in other words, “multiple times, multiple ways” |
| Participate | The single most important thing a leader can do is to actively participate. |