



# Advance at work!



## February

### Monthly Challenge:

- Start the year revisiting the company's mission, vision and values with your team.
- Create a 90-day plan for your role and share with your manager
- Create a team gratitude board and each morning add notes to it. Focus on the wins, achievements and kind gestures of your team.

WellHub article:

- **Why meaningful roles matter**

### Weekly Challenges

- Choose a standing meeting rather than a seated meeting.
- Encourage team members to add to the gratitude board and celebrate others achievements.
- In meetings aim for more positive statements than negative. Ask team members to do the same.

WellHub article:

- **Incentives that excite employees**



### Support The Wellbeing Calendar

- Join FebFast as a team.
- Encourage team members to challenge themselves – alcohol, sugar, social media are all good options to pause.
- **Click here to register.**

### WorkScore Wednesday Talking Points

- What are you giving up for FebFast?
- Every week discuss how the teams are finding FebFast and the benefits or changes they are seeing.
- What goals do you have for the next 3 months, 6 months, 12 months?

Goal related articles:

- **Setting yourself up for goal success**
- **Staying motivated with goals**
- **Celebrating goals success**

[See More WorkScore Solutions](#)

# Create a culture of Wellness with WorkScore