



## WELLNESS WORK GROUP WORK PLAN 2023 24

Short Term/Quick Wins (3 months – 1 year)	Leads & Partners	Target Dates
Lunch & Learn Survey to inform topics for Lunch & Learns	Karynn von Cramon	Complete
Lunch & Learns begin January 2024	April 17: AI and Wellness – Geraldine Slark  June: Mental Health, Wellbeing, Work Life Balance, Coping – Jessica Parkinson & Gwendy Lapp	April & June 2024
Recruitment	Coordinator	Ongoing
Long Term Strategies (3 years)	Leads & Partners	Target Dates
Staff Wellness Day – we will need to look at funding options first and foremost; Geraldine has been searching; considering approach to Lead Table spring 2023	Geraldine Slark	2025
Policy & Advocacy Strategies	Leads & Partners	Target Dates

Refresher for partner staff on advocacy, gentle advocacy, and burn out. Perhaps as part of Staff Wellness Day.	Geraldine Slark	2025
<b>Learning Strategies</b>	<b>Leads &amp; Partners</b>	<b>Target Dates</b>
Website spotlight and social media posts on wellness for service providers	Coordinator & Communication Work Group (Once Formed)	Once Communication Work Group is up and running
Create Wellness Page for our Partners to access articles, resources etc. on our website	Coordinator & work group	Once Communication Work Group is up and running
Lunch & Learns	Work Group	April 2024
Consider adding Wellness learning sessions/discussions to Lead Table monthly agenda (similar to DEI)	Work Group	September 2024