“COVID-19 and the Future of Wellness in the Workplace”

*a Zoom conversation with Laura Putnam*

Thursday, October 8, 2020, 11:00 am – Noon CDT

ZOOM Recording (October 8, 2020):

https://youtu.be/NHL6BygxwA8

Resources:

Email: laura@motioninfusion.com

Twitter: @MotionInfusion

Instagram: @LauraPutnamAuthor


Book: *Workplace Wellness that Works* by Laura Putnam


https://mailchi.mp/3f34afe137aa/love-life-in-the-time-of-covid-19?e=0ecd259f3c


https://www.youtube.com/watch?v=BI4qYYg4FSo

Are Managers Our Last Great Hope? (September 16, 2020):

https://www.linkedin.com/pulse/managers-our-last-great-hope-laura-putnam/?trackingId=xv0Vbx1b0dz810gAdRDaFg==

Prevalence of Depression Symptoms in US Adults Before and During the COVID-19 Pandemic (September 2, 2020):

https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770146
More Than Half of Employees Are Afraid to Discuss Their Mental Health With Their Boss, New Data Shows (August 7, 2020):

https://www.forbes.com/sites/markmurphy/2020/08/07/more-than-half-of-employees-are-afraid-to-discuss-their-mental-health-with-their-boss-new-data-shows/#4b51894b694a

Historic Drop in Employee Engagement Follows Record Rise (July 2, 2020):


Burnout is About Your Workplace, Not Your People (December 11, 2019):

https://hbr.org/2019/12/burnout-is-about-your-workplace-not-your-people

What Google Learned From its Quest to Build the Perfect Team (February 25, 2016):


Books Mentioned During Laura Putnam’s Zoom on October 8, 2020:

There Is No Me Without You by Melissa Fay Greene

Love in the Time of Cholera by Gabriel Garcia Marquez

The Unbearable Lightness of Being by Milan Kundera
### Key Considerations and Critical Questions

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<td>Organizations may be eager to take swift action without fully understanding the breadth of current DEI and Well-Being challenges</td>
<td>Employees of many identities may seek to engage in conversation to spark learning, relationship building, and meaningful action</td>
<td>For many years, organizations avoided discussing well-being and race in the workplace; times and changing</td>
<td>Employees expect their employers to not only say something, but to do something—and urgently</td>
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**QUESTIONS**
- What forums will you use for colleagues to share their stories and how will you create a safe space for them?
- Who will you bring together and how? Who will lead the conversation? What materials will you share?
- How will you acknowledge the impacts of COVID-19 and racism on your workforce?
- How will you evaluate and improve policies, partnerships, behaviors, and culture within your organization?

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