

**“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

Blog: <https://blog.deliveringhappiness.com/author/laura-putnam>

Book: Workplace Wellness that Works: by Laura Putnam

Love (& Life) in the Time of COVID-19 (June, 2020):

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

Love (& Life) in the Time of COVID-19 – Keeping It Together When the World Feels Like It’s Falling Apart (April 28, 2020):

<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=xv0Vbx1b0dz81OgAdRDafg==>

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):

<https://www.gallup.com/workplace/313313/historic-drop-employee-engagement-follows-record-rise.aspx>

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):

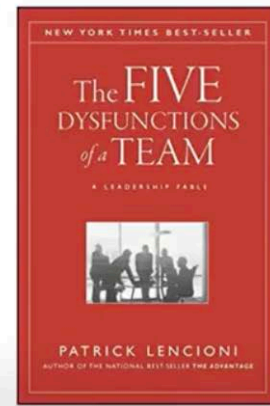
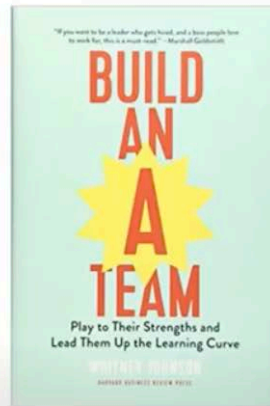
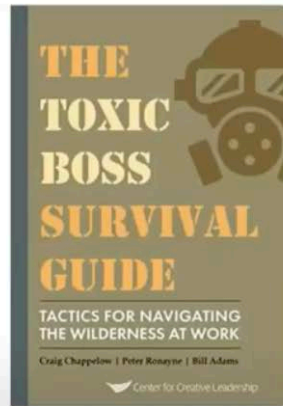
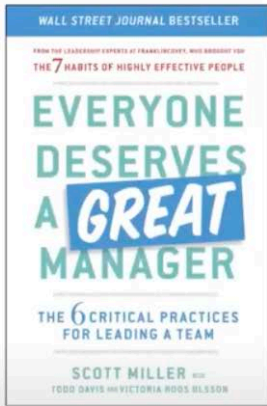
<https://www.nytimes.com/2016/02/28/magazine/what-google-learned-from-its-quest-to-build-the-perfect-team.html>

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



DIVERSITY, EQUITY & INCLUSION X WELL-BEING

Key Considerations and Critical Questions



LISTEN

Organizations may be **eager to take swift action** without fully understanding the breadth of current DEI and Well-Being challenges

QUESTIONS

What forums will you use for colleagues to share their stories and how will you create a safe space for them?



ENGAGE

Employees of many identities may seek to **engage in conversation** to spark learning, relationship-building, and meaningful action

Who will you bring together and how? Who will lead the conversation? What materials will you share?



ACKNOWLEDGE

For many years, organizations **avoided discussing well-being and race** in the workplace; times and changing

How will you acknowledge the impacts of COVID-19 and racism on your workforce?



DO

Employees expect their employers to not only say something, but to **do something—and urgently**

How will you evaluate and improve policies, partnerships, behaviors, and culture within your organization?



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