

Workplace Wellness Program Plan: {COMPANY NAME}

Sample: Goals and Objectives

Purpose: To bring together representatives from the organization who are interested in health and wellness to assist in the implementation of a wellness program. Members will then be equipped to bring a health and wellness lens to their work environments and will act as wellness champions in their place of work.

Objective: To create a healthier work environment at the organization.

Goal 1: To create workplace wellness efforts and a culture of wellness where the healthy choice is an easy choice.

- Build workplace wellness into staff/volunteer orientation and relevant meetings
- Develop brand strategy to make workplace wellness visible throughout the year
- Develop a representative wellness committee where all employees have access to health and wellness resources

Goal 2: To support and enable staff to make healthy choices

- Promote and build on existing workplace policies/supports
- Promote theme months/days throughout the year (i.e. Nutrition Month, Bike to Work Week, Sun Awareness Week, Mental Health Week, Move for Health Day, etc.)
- Where possible, promote and support community activities (i.e. Bike to Work Week, Sun Run/Marathons, Community events)
- Provide information and educational opportunities on health topics and create opportunities for staff to learn and share from each other

Goal 3: To encourage and support senior leadership, managers and team leads in role modeling and supporting staff in making healthy choices

- Incorporate workplace wellness as a regular agenda item at management meetings

Resources

- Wellness champion to lead efforts
- Wellness committee commit 1 hour/month dedicated to meetings
 - Additional meetings as required
 - Additional 1-2 hours of work per month on wellness committee related tasks
- Budget (if available)

Communications

- Leadership will receive advanced notice of challenges and activities
- Staff will be informed through wellness committee representatives and in alignment with internal communication strategies

Evaluation

- A plan with indicators will be developed to monitor and evaluate the above goals