

## Health and Wellness Committee Kickoff Meeting

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This agenda template will help you start up conversations about how to launch an awesome health and wellness program within your workplace!

- What is offered in our benefits package in regards to mental health? (i.e psychotherapy, wellness spending, etc.) 💰

Summary:

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Next Steps:

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- What social events do we offer for employees to destress? (i.e sports, game nights, movie nights) Do our social events promote wellness? 🧑

Summary:

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Next Steps:

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- What kind of training are we providing our employees to deal with mental health concerns? (i.e management training, crisis intervention) 🧠

Summary:

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Next Steps:

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- What wellness apps could we integrate into the workplace that would help employees? (i.e fitness rewards, meditation, yoga, virtual psychotherapy) 😊

Summary:

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Next Steps:

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- Do we have an open forum to discuss mental health at our company?

Summary:

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Next Steps:

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- Do we have easily accessible resources for our employees to reference with regards to wellness/mental health? 📖

Summary:

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Next Steps:

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