



Manager and Supervisor Wellness Training Activity Guide

Activity 1: What is **one** wellness problem your team is facing that you would like to address?

Activity 2: With the person next to you, brainstorm **three** possible solutions to the wellness problem you wrote in Activity 1.

1. _____

2. _____

3. _____

Activity 3: Pick **one** of the three possible solutions you brainstormed and circle it. After you implement this solution, how will you know it worked?



Activity 4: With the person next to you, discuss what barriers you might face when implementing the solution you circled in Activity 2. How will you overcome these barriers?

Barrier	Solution

Notes: