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?

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________________________________________________________________________

________________________________________________________________________
**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?

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<tr>
<th>Barrier</th>
<th>Solution</th>
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**Notes:**