



In Partnership with



## **Isabelle Wettergren**

MA, NBHWC, CWP, CPRC

Founder Teachers' Wellness  
Coaching & Consulting

Presents:

**Workplace WellBeing;  
An Integral Approach to  
Thriving**

## Office of the Surgeon General



### Current Priorities Report

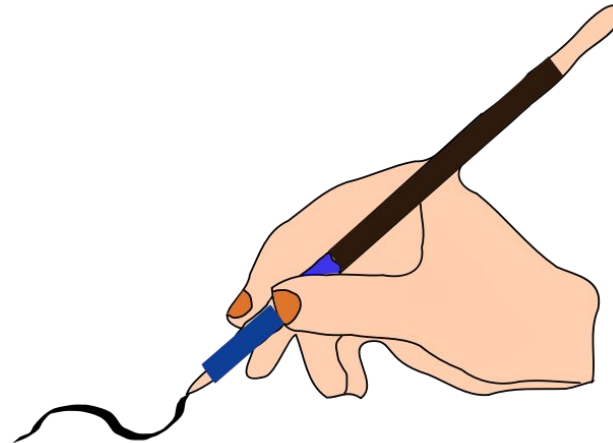
- COVID-19
- Health Misinformation
- Health Worker Burnout
- Workplace Wellbeing
- Youth Mental Health



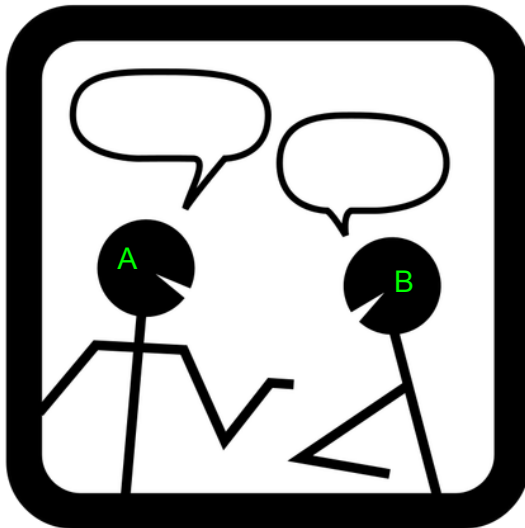
## Personal Reflection

Reflect on a time when you were  
**THRIVING** at work.

- What happened?
- Who helped?
- How did you feel?



## Share Your Story



Select who shares first (A or B)

- A shares for 2 minutes uninterrupted
- B reflects back in 2-3 sentences  
...What I heard you say was....

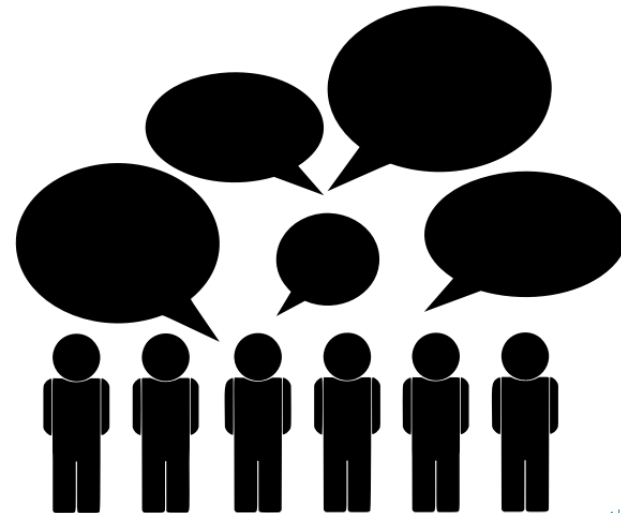
Switch Roles

- B shares for 2 minutes uninterrupted
- A reflects back in 2-3 sentences  
...What I heard you say was....



## Wisdom from the Group

2-3-4 Voices from the group



## 5 Essentials for Workplace Well Being



Office of the Surgeon General, 2022  
Framework for Workplace Mental Health & Well Being



## Our Nation's Current Workplace Landscape

76%

of U.S. workers reported at least one symptom of a mental health condition.



84%

of respondents said their workplace conditions had contributed to at least one mental health challenge.

Source: [Mental Health at Work Report, 2021](#)



## Workplace Mental Health & WellBeing: A TOP PRIORITY

“81%

of workers reported that they will be looking for workplaces that support mental health in the future”.



Source: [American Psychological Association](#), 2022, Work & Well-Being Survey





## What We Stand Against



## What We Stand For



Dr. Jerome Adams, 20th  
US Surgeon General

Creating workplaces that are engines of well-being, showing employees that they matter, that their work matters, and that they have the workplace resources and support necessary to flourish.

Adapted from: [Current Priorities of the US Surgeon General](#)



## Wellness Models



National Wellness Institute

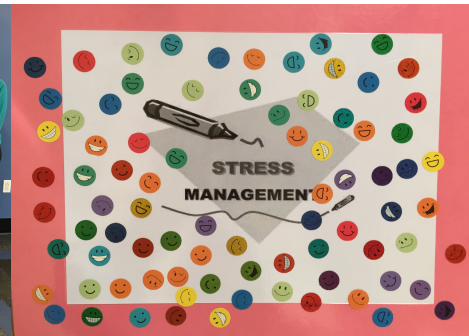


Whole Child, Whole School, Whole Community



# Teachers' Wellness Coaching & Consulting Framework

- STEP 1** ONBOARD UNION LEADERS & MANAGEMENT
- STEP 2** SEE ORGANIZATION'S VISION & GOALS WITH A WELLNESS LENSE
- STEP 3** ASSESS & PRIORITIZE
- STEP 4** PLAN WELLNESS ACTIVITIES & WORKSHOPS
- STEP 5** ENGAGE & PROMOTE HEALTHY BEHAVIORS
- STEP 6** MEASURE & CELEBRATE SUCCESS



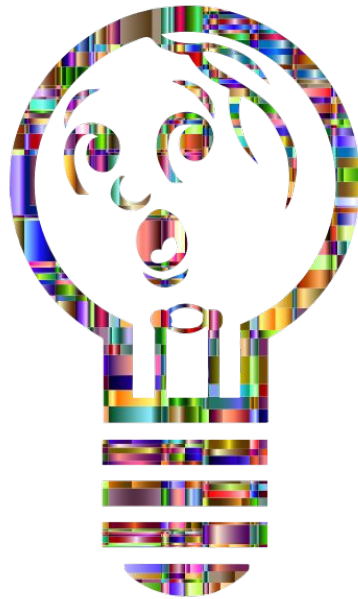
## Building a Strong Foundation

- Allocate time and financial resources
- Engage with Community Health Partners
- Create opportunities for cross-departmental collaboration set ego/perceived hierarchy aside
- Invest in professional development and/or leadership coaching
- Honor all voices & equity
- Seek out the support of workplace wellness experts\*





## Take Away



- One thing I learned
- One thing I want to know more about



Call, Text, Email, for a Discovery Call

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