



# Networking: Idea Exchange

# Our goal for the afternoon

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*To create space and time to network with colleagues to brainstorm ideas and strategies that can be used to address key SEW issues. And as result, strengthen the impact of your school employee wellness program.*

# Your Top School Employee Wellness Issues

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1. How to create wellness challenges
2. How to gain active leadership support
3. How to engage hard to reach employees
4. How to integrate employee well-being practices into the school day/environment
5. How to engage principals to be involved and supportive
6. How to sustain employee wellness beyond the grant
7. How to gain union support and involvement
8. Other?

# Carousel Discussion Activity

## Here's how it works!



1. You will have the opportunity to engage in 3 carousel discussions to explore key SEW issues.
2. Identify the SEW issue you would like to explore and join that Carousel Station.
3. Listen for the announcement to move to the next Carousel Station to explore a different SEW issue.

# Carousel Discussion Activity

## Here's how it works!

1. Carousel Station groups will briefly discuss the issue with a focus on brainstorming ideas, strategies and solutions to address the SEW issue.
2. The facilitator will write down all ideas to capture the group's ideas.
3. Hold back on evaluating each idea or strategy – focus on generating ideas and suggestions.
4. During each round of Carousel Discussions, new ideas and solutions are added to the existing list.
5. Facilitators will report out up to 3 Spectacular Ideas and POST on the BIG Wall of IDEAs.
6. Everyone is welcome to post their favorite Spectacular Idea!



**MOVE break!**

Your workouts are  
important Meetings  
Scheduled with yourself  
Bosses don't cancel !!

B  
15 min elliptical/mile  
20 crunches/20 sit-ups  
20 Triceps 12lb  
40 Squats  
20 Lunges 10lb  
20 Push-ups  
30 calf raises  
40 bicep curls 12lb

15 Elliptical  
Workout  
S  
21 reps  
B  
Treadmill  
Yer

# Teamwork Time

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1. As a team, share and discuss the ideas, strategies and solutions from the Carousel Discussion groups your team members participated in.
2. Collectively select up to 5 ideas or strategies your team would like to put into action this school year.
3. Write each idea/action on a post it note and place on the **BIG IDEA WALL of IDEAS**