



# 6

# COMMITMENTS

## TO CREATING WELLNESS IN THE WORKPLACE

1

### KNOW PEOPLE AS PEOPLE

- Knowing the people around you builds situational awareness and fosters a culture of trust.
- Regardless of race, religion, sex, and age every individual deserves to be seen, heard and supported.™

2

### ACT ON WARNING SIGNS OF DISTRESS

- Honor your intuition - if you think that there's a problem there probably is.
- Express concern through genuine compassion.

3

### LISTEN. DON'T FIX.

- We have two ears and one mouth for a reason.
- You can lead a horse to water, but you can't make it drink.

4

### USE YOUR VOICE IN TIMES OF NEED

- Vulnerability equals strength.
- When you find your voice, you will find your power.

5

### SMALL STEPS LEAD TO BIG CHANGES

- If you want something different, you have to do something different.
- Your greatest risks can lead to your greatest rewards.

6

### PRIORITIZE YOUR WELLNESS

- Make time for number one.
- Taking care of yourself is part of taking care of others.