

# READY TO GROW?

Surgeon General  
Workplace Wellbeing

It is important to keep growing both in the workplace and in our own individual lives. Here are some areas to examine in a workplace to encourage growth:

## Offer quality training, education, and mentoring.

Workplace leaders can provide workers training to increase skills, as well as opportunities for education to build knowledge in their work or in other areas of interest. Employers can promote growth opportunities by showing genuine interest in workers through personal encouragement, professional coaching, and mentorship.

## Foster clear, equitable pathways for career advancement.

Organizations that provide transparent career pathways and advancement opportunities for all workers help foster inclusion and diversity in the workplace. Opportunities might include: accessible professional training programs, career navigation support, tuition reimbursement for classes offered outside of the workplace, English language courses, and promotion opportunities.

## Ensure relevant, reciprocal feedback.

Leaders and managers can provide guidance by considering workers' strengths and growth opportunities. Organizations can create more opportunities for genuinely engaging with their workers, especially in positive, collaborative, and outcome-oriented ways.

## COMMUNITY RESOURCES

Bellin Health wants to connect you to resources to encourage growth as an employee or an organization.

**LEARN** about CIVILITAS®, a FREE program to grow and build your team's culture, reach out by emailing [civilitas@bellin.org](mailto:civilitas@bellin.org).



**JOIN** our new monthly **Group Coaching** sessions designed to expand on health and wellbeing content and how to personalize it in your life – contact [wellnessconsultant@bellin.org](mailto:wellnessconsultant@bellin.org).

**CONTACT** our Bellin Health Lifestyle Medicine team for more community resources, support, and next steps at [LifestyleMedicineTeam@bellin.org](mailto:LifestyleMedicineTeam@bellin.org).

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