



15-Minute Wellbeing Initiative Snapshot

1. WHAT'S THE SIGNAL?

What tells you a wellbeing change is needed right now?

- Stress / burnout
- Workload or capacity
- Engagement or morale
- Retention risk
- Absence or reliability
- Safety or errors
- Other: _____

One sentence description:

2. WHAT CHANGE WOULD HELP MOST?

If this worked, what would feel different for employees?

Primary wellbeing focus (circle one):

- Connection & Belonging
- Work-Life Balance
- Engagement
- Health & Wellness

3. REALITY CHECK

Complexity (circle one): Not Complex | Simple | Very Complex

- Biggest constraint:
- Time
 - Budget
 - Leadership buy-in
 - Policy/process
 - Capacity
 - Other: _____

4. WHY IT'S WORTH DOING

Organizational benefit (pick one):

- Retention
- Productivity
- Burnout Risk
- Engagement
- Safety
- Other

Employee benefit (pick one):

- Less stress
- More engaged
- Better support
- Stronger connection
- Other

How would you know it helped? (1 measure):

FINAL REFLECTION

One small step you could take in the next 30 days:
