

GEOCOMM WELLBEING IN ACTION



GEOCOMM WELLBEING PROGRAM

Encouraging our employees to lead lives of wellness by encompassing all five elements of wellbeing.



ELEMENTS OF WELLBEING

According to *Wellbeing: The Five Essential Elements* by Tom Rath and Jim Harter, these elements are the currency of a life that matters and is filled with purpose. They represent five broad categories that are essential to most individuals when striving to live a well rounded life.



Purpose

Liking what you do each day and being motivated to achieve your goals.



Social

Having supportive relationships and love in your life.



Financial

Managing your economic life to reduce stress and increase security.



Community

Liking where you live, feeling safe, and having pride in your community.



Physical

Having good health and enough energy to get things done daily.



OUR WELLBEING MISSION

To encourage habits of wellness, increase awareness of factors and resources contributing to wellbeing, and inspire our employees to take responsibility for their own health. We encourage wellbeing by organizing committees and participating in events such as:



Lunch and Learns
Wellness Goals Board
Day of Caring
Committee Chair: Jessica Koenig



Company Happy Hour
Kick Ball Tournament
Holiday Activities and Potluck
Comittee Chair: Debbie Haus



401k Education
HSA and Fraud Education
Ergonomic Consult and Education
Committee Chair: Joseph Meunier



Speed Volunteering
Salvation Army Food Serving
Food Shelf/Toy Donations
Committee Chair: Heather Hoskins



Fresh Fruit Program
Let's Get Walking Contest
On-Site Massages
Committee Chair: Renee Theisen