

# STAFF WELLNESS PROGRAM ROADMAP

A Simple Questionnaire to Guide Our Journey



*Healthy staff. Strong schools. Bright futures.*

Your Name: \_\_\_\_\_

Your Role/Department: \_\_\_\_\_

Use this roadmap to help shape a wellness program that supports, energizes, and empowers our staff.



## 1. UNDERSTAND OUR COMMUNITY

What are the strengths and needs of our staff when it comes to wellness?



## 2. DEFINE OUR WHY

Why is a staff wellness program important for our district?



## 3. VISION & GOALS

What do we want our wellness program to achieve?  
(Think big, start smart.)



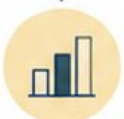
## 4. PROGRAM IDEAS

What activities, resources, or supports would make the biggest impact?



## 5. PARTNERS & SUPPORT

Who can help us bring this vision to life?



## 6. PLAN & MEASURE

How will we start, sustain, and know our program is making a difference?



## YOUR COMMITMENT

One action I will take to support our staff wellness journey is:



*When we care for our staff, we care for our students and our community.*

**TOGETHER, WE THRIVE.**