



July Newsletter REACH FOR RESILIENCE

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Helpline for ND
Healthcare Workers

Spark Joy at Work

Importance of focusing on joy at work

- builds relationships
- improves communication
- increases productivity
- boosts motivation
- enhances commitment
- promotes happiness

How to integrate joy into the workplace

- create connection
- show appreciation
- have celebrations
- get to know new employees
- schedule team building events
- have team meetings check ins

4 steps leaders can take to spark joy at work

Test approaches to improve
joy in your work
organization

Monthly Resource



Ask staff, "What
matters to you?"

Identify barriers to joy
where you work

Throughout your system make
joy in work a shared
responsibility at all levels



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