

In small groups

- How do you define work/life balance
- What challenges do you have in achieving your ideal wellness goals
- What have you done to overcome your challenges

Crowdsourcing activity

Best practices for wellness

Directions

- On your card write 1 way in which you support your own wellness
- Walk around the room and introduce yourself to one person
- Exchange cards
- Rank the idea on the card from 1-3
 - 1 = best idea I've ever seen...I'm incorporating this into my life
 - 2 = this is ok..I might give it a try someday...if I have time
 - 3 = I would never do this

In a small group:
Discuss the ideas you
read on the cards