



Participant Guide (30 minutes)

Part 5 – GP Creating Healthy Teams

Overview

A team comes together for a common purpose. A **healthy team** is one in which attention is paid to how team members interact with each other in the service of achieving this purpose. In this seminar, we will review the common elements that support not only the achievement of goals, but also the effective functioning of the team, and the health of each team member.



Agenda

- Team Culture
- Weak/Strong Teams
- Goals/Roles/Values
- Team Membership
- Connection
- Coming Together
- Questions to Ponder



Seminar Length: 30 Min.

Team Membership

Positive connections



Collaboration



Performance



Sense of satisfaction

Meaning is enhanced



Quality is recognized



Value is made visible

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Connect

Purpose *collective*

Celebrate *successes*

Support *losses*

Accept *fallibilities*

Rituals *stability*

Fun *lighten*



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Synergy

The combined efforts of individuals
produce an effect greater than the sum of
their separate efforts

Definition of a Healthy Working Team

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Confidential Life Balance Solutions at No Cost To You

Counseling

Set of 5 free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict
- Substance use
- Grief

Parent Coaching

Set of 3 phone sessions per year

- Child development & behavior
- Social anxiety
- Excess screen time
- Supplemental to counseling

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Parent coaching
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution

employees.concernhealth.com 800-344-4222



Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

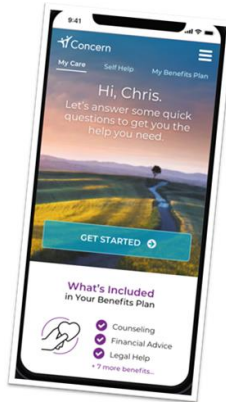
- Balancing work, home, and leisure.
- Taking care of people who rely on you.
- Dealing with the stress of modern life.
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



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Concern's Digital Platform

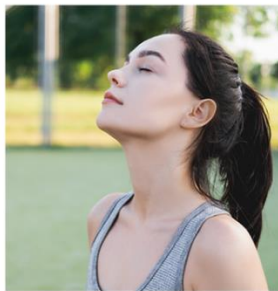
Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard.

It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



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Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It Can be accessed via the Concern Website: employees.concernhealth.com, or...
- You can download and access via your mobile phone.

Thank you!

Please complete the Survey Monkey

<https://www.surveymonkey.com/r/3VHDNPS>