

Organizational Wellness Done Right

Making Spaces Healthier

ECOSYSTEM OF WELLNESS

An organization is a living breathing system (organism). It is a system in which all independent parts are interdependent and rely heavily on each other. An **ecosystem of wellness** is achievable when an organization's **people**, **processes**, and **partnerships** operate with seamless **synergy**.



PEOPLE (HEART)

People are the heart of any organization and should be the priority of every leader with or without a title. Like the heart, people are critical. If people are experiencing “dis-ease” in the form of burnout, lack of recognition, lack of empathy, lack of professional growth, not being seen or heard, inadequate compensation, poor leadership, toxic culture and climate, and a lack of accountability at all levels, blockage sets in.



PROCESSES (MIND)

Processes are the brain of any organization and should be respected for its complexities and the ability to control all functions within an organization. Processes and procedures should be designed with efficiency in mind. Processes like the brain should focus on performing higher levels of functioning in efficient ways. An organization's processes must embody communication and fostering a common language throughout the organization.



PARTNERSHIPS (SOUL)

Partnerships are the soul of an organization. Partnerships personify vision, mission, and values. Partnerships when entered with a spirit of mutual benefit breathes life into an organization. Partnerships focus on sharing resources, creating value, and nurturing relationships. Stakeholders are viewed as vital and essential. The individual soul of a person communicates a special quality, a robust partnership is the essence of the system. Partnerships add an individualized touch, energy and vigor that enhances people and processes.

