



The City's Worksite Wellness Team

WORKWELL NYC BRIEFING FOR EXECUTIVE LEADERS, MARCH 11TH, 2025





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Take a moment to pause



Talking Through Uncertain Times Community Forum



**Join WorkWell NYC and the NYC EAP
for a virtual community forum on
March 13th at 1 PM.**

This forum is to provide a safe space to process experiences, share thoughts, and learn about available resources to help cope with ongoing changes and current events.

We hope you will join us to support one another during these uncertain times.

Scan the QR code to register

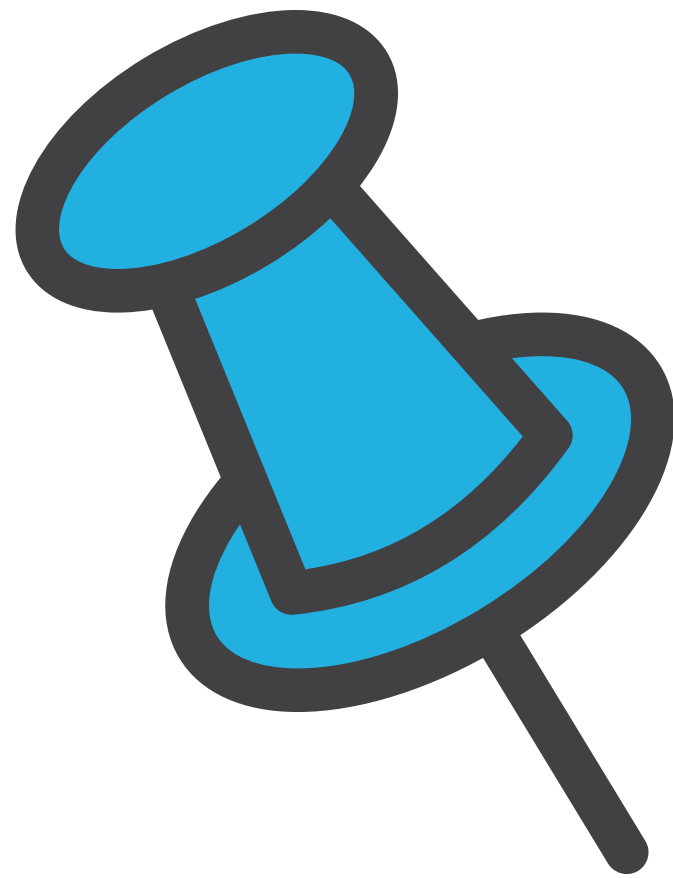


nyc.gov/workwell



Please join us
&
share with your staff.

Agenda



- Overview of WorkWell NYC recent events and feedback
- Share Wellness Program Tools and Resources
- Upcoming WorkWell NYC Programming
- Next Steps and Closing Remarks



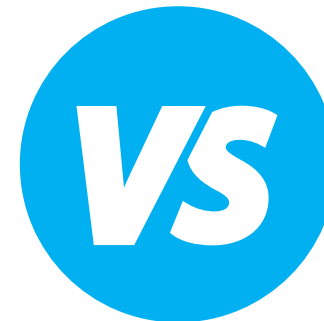
Feedback from Wellness Ambassadors

2024 Pulse Survey



City agencies are prioritizing wellness

34%



84%



Employees recognized leadership's commitment to health and well-being.

Executive leaders affirmed their agency prioritizes wellness.

What do you think is causing the disconnect between employees and executive leaders?



What Ambassadors are saying.



- **Identifying an Executive Wellness Sponsor (EWS)** is a first step. Their role is to:
 - meet with wellness committee regularly
 - attend wellness events
 - permit/encourage employees to participate
 - provide resources for programming
 - communicate about wellness activities to all staff-at meetings, emails, flyers, newsletters, etc.
- **Meeting with agency leaders/sponsors** regularly to clarify needs, identify opportunities and to problem solve



Executive Wellness Sponsor Feedback

Pulse data feedback

**WorkWell NYC
Pulse Survey is
conducted to
identify wellness
needs and
priorities of City
employees.**

Results deck brought
the many resources
to top of mind!

OEM

The survey
highlighted how we
can better support
our staff.

LPC

The results helped us to
have a very thought-out
and well-organized
wellness and engagement
culture action network.

Aging

It has helped up shape
our Spring into Health
events and other activities
at the agency.

DYCD

We have used the data to
create more programing on
topics that are of interest to
staff.

ACS



Tools to build a Culture of Health

A Culture of Health

A culture of health is a comprehensive approach to promoting employee health and well-being that creates a shared value of health.



Read the full Culture of Health document [here](#).

Tools to build a wellness program



1. **Visible commitment** of organizational leaders
2. **Dedicated team** of collaborators...
3. **Data driven strategy**
4. **Operating plan**
5. **Varied programs and activities**
6. **Policies and practices**
7. **Strategic communications**
8. **Evaluation**

Tools and resources available



- Capitalize on relationships and networks
- COH planning tool (coming soon)
- NYC EAP resources
- WorkWell NYC (WWNYC) workshops & resources
- WWNYC Grant Program
- Pulse data
- Executive Wellness Sponsor page

Executive Wellness Sponsor



Welcome, Executive Wellness Sponsors!

As an Executive Wellness Sponsor, you hold a pivotal role in providing and cultivating visible leadership support that models the way for other staff. We hope you will:

- communicate the agency's wellness vision
- allocate resources
- remove obstacles
- advocate for change
- monitor progress in building a [Culture of Health](#) within your agency

Kick start your role as an Executive Wellness Sponsor.

- **Meet with or recruit your agency wellness team:**
 - [Click here](#) to find out who is already a wellness [Ambassador](#) at your agency.
 - Email ebonie.brown@olr.nyc.gov to request a list of wellness [Champions](#) at your agency.

Wellness Team



Executive Wellness Sponsor Resources

WorkWell NYC acknowledges the crucial role Executive Leadership plays in sustaining and fostering employee wellness throughout New York City government. The following resources are provided to support your role as an Executive Wellness Sponsor.



Kick start your role as an Executive Sponsor – Check out this checklist for 10 steps on how to get started as an Executive Wellness Sponsor.

- [Checklist](#)

WorkWell NYC White Paper – Learn the critical role that workplace wellness plays in supporting employees.

- [White paper](#)



Agency Head Briefing – WorkWell 101 webinar for executive leadership. Participants learned how to leverage WorkWell NYC offerings and become more involved in creating a culture of health at their agency.

- [Slide deck](#)



WorkWell NYC Executive Wellness Sponsor Orientation – WorkWell 101 webinar for Executive Wellness Sponsors. Participants learned about the expectations for an EWS, discussed the challenges and successes of championing wellness initiatives at their agencies and learned of various programming offerings available to EWSs to help them foster a culture of health at their agency.

- [Slide deck](#)



Briefing for Executive Leaders – This webinar featured results from the citywide FY24 Pulse wellness survey, which gathered feedback on staff health and wellness status and needs. Participants learned how to use the data to set their FY25 agency wellness goals, discovered what's new at WorkWell NYC and were inspired to make wellness a priority for themselves and their agencies.

- [Slide deck](#) | [Webinar recording](#) | [Pulse citywide data](#)



WorkWell NYC Pulse Survey Agency Report Q&A – This webinar featured participants from agencies where at least 5% of employees completed the Pulse report, earning them an individual agency Pulse report and guidance on interpreting these reports to help agencies continue fostering a culture of health.

- [Slide deck](#) | [Webinar recording](#)

Resources available

WorkWell NYC tabling



DOB – Self defense class



FDNY – Yoga Class



DCWP – Paint and Relax



Wellness Committee

Wellness Committee



An ideal **Wellness Committee** is comprised of a diverse group of employees, ideas and approaches. By bringing together varied perspectives around a shared goal, inherently enhance the the **longevity** and **sustainability** of wellness initiatives.

[Wellness That Works Worksite Toolkit, p. 4 for detailed instructions](#)

Wellness Committee



Get started

1. **Recruit** with an email blast, flyer or announcement
2. **Communicate** with interested parties
3. **Determine** who will lead the effort
4. **Prepare** for the meeting by deciding on a time and place (in-person or virtual)

Organize Committee

1. **Create** goals for the committee and develop procedures
2. **Assess** agency needs for wellness
3. **Plan** events

Track progress

1. **Evaluate**; collect and analyze program outcomes
2. **Inform leadership** of progress by meeting regularly

Leadership Insights



Let's hear from **Jamilla Dick** from **OCME** regarding their wellness committee successes and challenges.

Wellness Committees



Lesson Learned:

- Hold consistent meetings
- Recruit a diverse group of individuals from across the agency
- Be flexible when engaging employees, keeping an open mind

Next Steps



- **Review** the **new** Executive Wellness Sponsor page
- **Meet** with your Wellness Ambassadors and Wellness Committee
- **Attend all events** hosted at your agency

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Thank you!

