Health and Wellness Committee Kickoff Meeting

This agenda template will help you start up conversations about how to launch an awesome health and wellness program within your workplace!

☐ **What is offered in our benefits package in regards to mental health? (i.e psychotherapy, wellness spending, etc.)** 💰

Summary: Next Steps:

_____   _____
_____   _____
_____   _____

☐ **What social events do we offer for employees to destress? (i.e sports, game nights, movie nights) Do our social events promote wellness?** 🧘

Summary: Next Steps:

_____   _____
_____   _____
_____   _____

☐ **What kind of training are we providing our employees to deal with mental health concerns? (i.e management training, crisis intervention)** 🧠

Summary: Next Steps:

_____   _____
_____   _____
_____   _____

☐ **What wellness apps could we integrate into the workplace that would help employees? (i.e fitness rewards, meditation, yoga, virtual psychotherapy)** 😍

Summary: Next Steps:

_____   _____
_____   _____
_____   _____

☐ **Do we have an open forum to discuss mental health at our company?** ▢

Summary: Next Steps:

_____   _____
_____   _____
_____   _____

☐ **Do we have easily accessible resources for our employees to reference with regards to wellness/mental health?** 📚

Summary: Next Steps:

_____   _____
_____   _____
_____   _____

Want meeting notes like this with no extra work?

With Hypercontext by Spinach, every meeting has a shared