

---

## Health and Wellness Committee Kickoff Meeting

Generated by [Hypercontext.com](https://hypercontext.com)

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