

# *Community Care in a Challenging Time*

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# Becoming and Being Well

- Work is an integral part of our lives and it should be a place to thrive
- Our focus: How to create a supportive space for all
- Staying agile as our experiences change
- Finding our special sauce and continuing to evolve
- We invite you to explore our evolution and what it means to be well: mind, body, and beyond
- This will be interactive
- There will be breakout rooms and an opportunity to share
- Everything is optional

# Emma Ringer



Next  
Opportunity at  
Work **2021**

*Innovate, Collaborate, Grow!*

**Berkeley**  
UNIVERSITY OF CALIFORNIA

# Paola Alonso



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# Tina Herod



# Iberia Zafira



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# What is the Healthy Team?

- Created in 2019 by our colleague Colby Halligan
- Mission: Create an inclusive environment where our colleagues can feel supported in their health journey - physically, mentally, and emotionally
- Supported by PD's management
- Every resource we provide is completely optional to participate

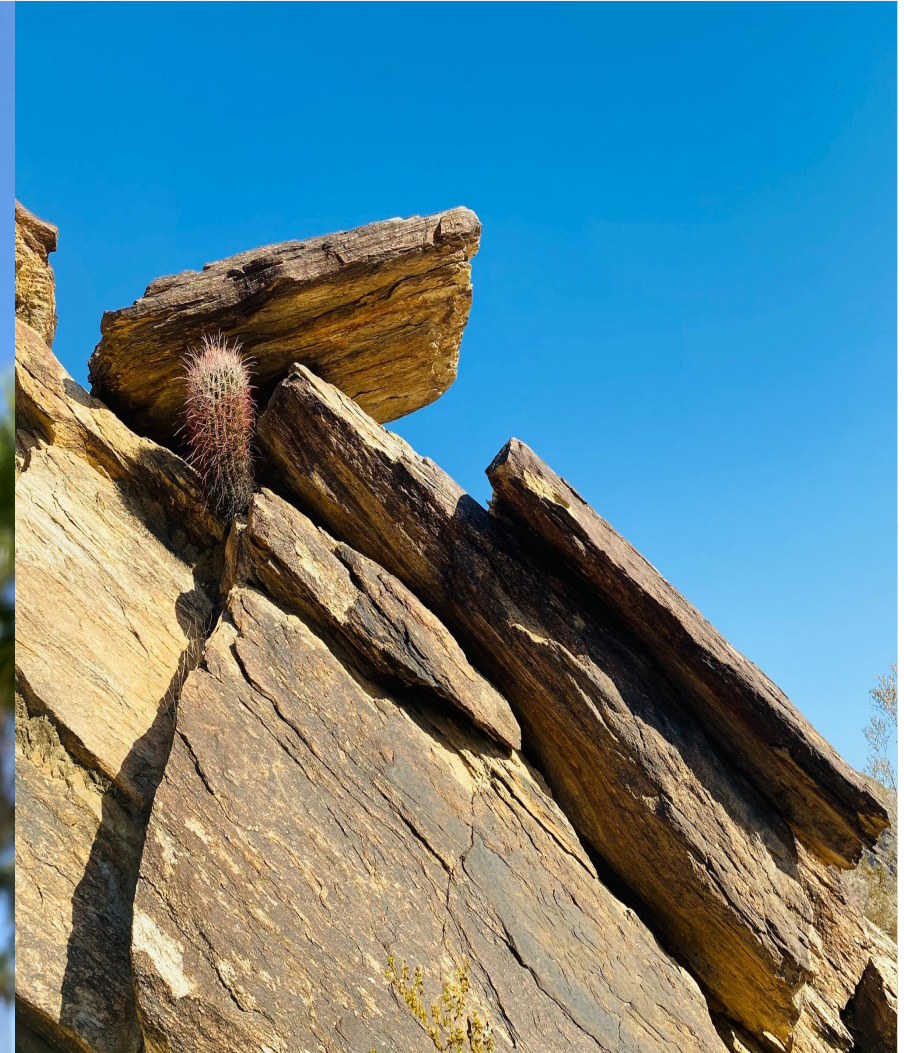
# Check In

## How Are You?





# Terence Kissack



# Will Rohrer



# Community Care and PD

*How did PD prioritize wellness pre-pandemic?*

- **Affirmation + Intention**
  - **Closeness (beyond space)**
  - **Connection**
  - **Inclusion**
  - **Reflection**
- Healthy Department Certification through University Health Services
  - Creating a meditative space
  - Cross office talk
  - Creating space for people to be authentic
  - Team lunches

# Breakout Room #1: Pre-Pandemic

*How did you prioritize wellness pre-pandemic?*

# *Q&A with PD*

# Community Care and PD

*How did PD prioritize wellness during the pandemic?*

- **Affirmation + Intention**
- **Closeness (beyond space)**
- **Connection**
- **Inclusion**
- **Reflection**
- Use of alternative meetings
- Celebrating birthdays, baby showers, retirements
- Palooza + Slack
- Encouraging time to refresh - yoga, meditation, exercise, better mental health state
- PD Pods

# Maintaining the Special Sauce!

*Connectedness - Camaraderie - Intentionality - Humor*

Happiest of birthdays to you, Paola! I hope your year ahead is a great one. - Mallory

Happy birthday Paola! - Diana

Happy birthday Paola! Hope you have a great day! -Greg

Paola you're the best and your cake looks so good!



- Celebrate milestones
- Make time to connect in a fun and light-hearted way
- Create a break in the workday





# Maintaining the Special Sauce!

*Connectedness - Camaraderie - Intentionality - Humor*

# all-things-food  
# ask-an-expert-analytics  
# ask-an-expert-prospect-management  
# books-tv-movies-music  
# chat-professional-development  
# high-low-and-buffalo  
# just-for-smiles

- Deepen personal connection and understanding of colleagues
- Create an inclusive and open platform for communication
- Support colleagues

# Maintaining the Special Sauce!

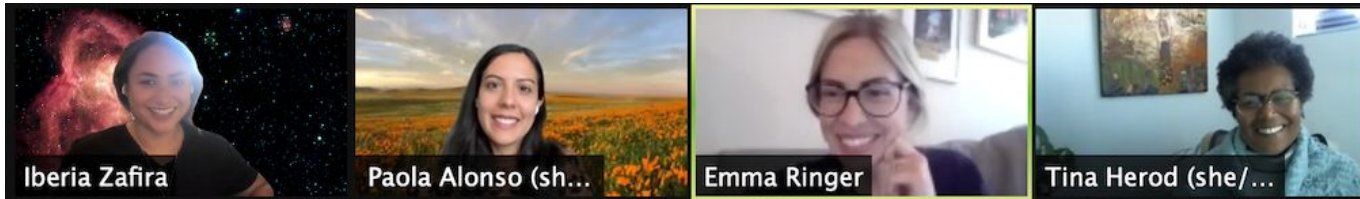
*Connectedness - Camaraderie - Intentionality - Humor*



- Encourage restorative actions
- Increase our connection to things that enrich our lives
- Support holistic wellness

# Maintaining the Special Sauce!

*Connectedness - Camaraderie - Intentionality - Humor*



## Getting to Know Your PD Pals:

- Any new hobbies since March?
- How do you like to stay connected?
- What are your favorite self-care practices to stay balanced and grounded?

- Provide small group, informal opportunities to connect
- Create dynamic conversations
- Encourage openness and connection

# Breakout Room #2: Pandemic

*What are you or your team doing  
now around wellness?*

*What is your special sauce?*

# Stay Frosty!

- Affirmation + Intention
- Closeness (beyond space)
- Connection
- Inclusion
- Reflections



# Wellness Toolkit

[bit.ly/pd-now-toolkit](https://bit.ly/pd-now-toolkit)



# Centering Activity

*List out 2-3 items you are grateful for in each category:*

**People**

**Things that you have**

**Experiences**

**Personal qualities**

# *Q&A with PD*



# Thank You!

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