

Four Paths of the Manager Ripple Effect

Enhance Work Environment

As a manager do you...?

- ☐ show support for health-related policies (smoking regulations, medical leave, child-care, etc.)
- ☐ recognize workers such that they feel rewarded for their efforts
- ☐ make efforts to reduce job strain (through flex-time, scheduling, or other means)
- ☐ assure health in the physical environment (good lighting, heating, and ventilation)
- ☐ show awareness and promote access for mental health services (e.g., EAP, community resources)
- ☐ help to create a positive social environment

Support Health Promotion

As a manager do you...?

- ☐ talk about the value of programs
- ☐ encourage participation in wellness events
- ☐ make connections between wellness and the business bottom-line
- ☐ insure that your health insurance and benefits support healthy lifestyle behaviors
- ☐ view health as an indicator of business success
- ☐ assure workers are educated about the relationship between health and productivity
- ☐ work as a team to remove barriers to wellness participation for ALL workers

Practice Heart-Centered

As a manager do you...?

- ☐ take the perspective of others
- ☐ treat them with respect
- ☐ balance interpersonal skill with work objectives
- ☐ avoid abusive or demeaning tones
- ☐ show interest in worker's concerns
- ☐ maintain good business ethics
- ☐ speak to a higher vision/purpose at work

Role Model Health

As a manager do you...?

- ☐ walk the wellness talk
- ☐ model good work-life balance
- ☐ maintain proper weight
- ☐ make healthy nutrition choices
- ☐ manage your stress well (coping skills)
- ☐ respond well to crises and failures
- ☐ know your own "Achilles Heel" (background risk factors cardio, addiction, depression)



Want More Ripple Effect?

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[Heart-Centered Leadership](#)
[Raw Coping Power](#)
[Best Self at Work](#)