



## Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

### Workplace Wellness Idea #16: Host a Speaker Series on Health

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

As an employer, you can help your employees be healthy by hosting a speaker series on health at your workplace. Why is holding a speaker series a good idea? A speaker series will provide employees with ideas on how to eat healthy, be active and reduce stress. It will also help them find other employees who are interested in being healthy who could become a support network. Research shows that people are more likely to stick with their weight loss or exercise plans if they have a “partner in health” who is helping them stay accountable. Plus hosting a healthy speaker series will show your employees that you care about them and their wellbeing.

Here are some ideas for topics you can offer in a speaker series:

- Nutrition and healthy eating
- Healthy cooking tips
- Weight reduction
- Heart health
- Diabetes prevention and management
- Cancer prevention
- The importance of exercise and how to start
- How to stretch/exercise during the work day
- How to find a workout partner
- Stress reduction at home and work
- Mental health wellness
- Laughter as medicine
- Healthy activities you can do as a family
- The importance of social health

Some simple tips on how to host a speaker series can be found on the next page.

For more information, please visit [GetHealthyCT.org](http://GetHealthyCT.org)

*Let's work together to help make the healthy choice the easy choice in the workplace!*

## How to Host a Speaker Series on Health

1. Decide on the goals/purpose for your speaker series: what do you want to accomplish?
2. Based on your goals, develop a schedule of topics, dates, locations and times.
  - a. Decide how often you will have a speaker (e.g., monthly, quarterly).
  - b. Decide if you will host the speaker series in the same place each time or move around to different sites.
3. Identify speakers for each topic. Places to find speakers in your community include:
  - a. Local hospitals
  - b. Local health departments
  - c. Medical associations
  - d. Gyms
  - e. Other health-focused organizations or retailers
4. Create and publish a regular schedule for your speaker series using your normal employee communication channels and methods. Announcing the talks in advance will allow employees to plan time to attend. Send reminders out weekly to encourage people to attend.
5. Decide if you want employees to register in advance or just walk-in. If you want them to register, appoint someone to manage that process.
6. Get biographies for each speaker so you can introduce them at the start of the talk.
7. After each talk, have employees fill out a short evaluation form. Ask for feedback on the speaker, topic, time and location. Also ask for future topic ideas.