



ASEBP AND YOU A PARTNERSHIP IN WELLNESS

At ASEBP, we're committed to promoting and fostering the health and well-being of our covered members and their dependents, as well as employers throughout the public education sector.

Workplace wellness continues to be a growing priority in Alberta's education sector. After all, school employees can only give their best when they feel their best. Improved workplace wellness contributes to increased job satisfaction, higher employee engagement and retention and healthier workplace cultures—all of which lead to better student learning outcomes.

WHO WE ARE AND WHAT WE DO

At ASEBP, our team of **workplace wellness consultants** (WWCs) is here to join you and your school division on that journey.

Our Workplace Wellness team consists of five multidisciplinary members with health promotion expertise who use evidence-based research to provide consultative services to employers. Through a collaborative approach, we also support the broader comprehensive school health community.

Your WWC is available to help assess, plan, develop, implement and evaluate strategies for you and your employees' wellness needs.

HOW WE DO IT

Through our customized approach, we adapt our services to your specific needs. Here are just a few examples of what that can look like:

- **Developing a wellness strategy operating plan**, including a vision statement, goals, and objectives. We can assist you with using workplace wellness frameworks, such as the [CASS Workplace Wellness Planning and Implementation Guide](#).
- **Assisting in conducting organizational assessments** to learn more about your workplace wellness opportunities and priorities, and to promote an increased interest among your school employees.
- **Supporting the development of employee wellness assessment tools** to take inventory of their interests and needs.
- **Providing relevant health and wellness data**, including a custom [Health Profile Report](#), which provides information specific to your employees on the prevalence of four common conditions, as well as Employee and Family Assistance Program (EFAP) utilization rates.



OUR PURPOSE

To ensure you have the capacity to foster a healthy, safe and positive working environment with highly engaged employees

HOW WE DO IT (CONT.)

- **Working with you to establish a wellness committee** and support the work they do. We can guide the formation of the committee, define roles and responsibilities, facilitate sessions to help develop a common vision, mission and strategy and support the work of health and wellness champions.
- **Facilitating customized sessions for administrators, office leadership and wellness champions.** These sessions could include, but aren't limited to:
 - ◇ Resources available to support employee wellness in the workplace, including those on [The Sandbox](#)—our space for healthy school workplaces;
 - ◇ The [National Standard for Psychological Health and Safety](#) and other employee mental health supports;
 - ◇ Highlighting current supports available through ASEBP and our EFAP partner, [Homewood Health](#); and
 - ◇ Outlining how to use the [Idea Readiness Tool](#) to assess your division's readiness to explore and implement new wellness approaches.
- **Supporting your wellness champion and leadership teams** by attending and contributing to your meetings and offering ongoing assistance as needed.
- **Acting as a liaison to connect you with other employers** working on similar wellness initiatives.
- **Providing relevant resources to support your wellness journey.** Some examples of our existing resources, most of which are available through [The Sandbox](#), are:
 - ◇ 10-minute wellness activities like [Three Things](#) and [Time Quadrants](#);
 - ◇ Blogs on a variety of topics—check out [The Power of Resiliency](#) or [Building a Culture of Wellness](#) for examples featuring some great tips and ideas;
 - ◇ Resources to address current wellness needs, such as our [School Employee Resources During COVID-19](#) and [Returning to the Workplace - A Guide for Leaders](#); and
 - ◇ The ASEBP Calendar & Health Planner, a wellness planner and daytimer we produce each year to support well-being among ASEBP covered members and help guide division and school-based wellness activities throughout the school year.

CONTACT US

To connect with us—or learn more about how we can support your workplace wellness journey—reach out to us at wellness@asebp.ca.



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 The Alberta School Employee Benefit Plan (ASEBP)

