HEALTHY MINDS
Organizational Culture

What can I do as an employee?

- Be proud that you are making a meaningful contribution to our organizational success
- Treat others with respect and civility
- Boost the morale of your team by providing support and optimism
- Show your Western Pride

A positive work culture is built on respect, trust, and honesty. We ALL feel like part of a team that is working towards a greater purpose. We feel a sense of belonging when we are supported and when our personal identity aligns with the values and beliefs of our organization.

Employees use organizational culture to guide their actions.
What can I do as a manager?

- Be fair with decision-making by providing opportunities for discussion and input.
- Recognize the contributions of individual members of your team and the collective.
- Integrate team-building opportunities and/or a mentorship programs.
- Show you care by ensuring that members of your team are aware of the opportunities & resources that are available to support their well-being.

Wellness Resources

Employee (and Family) Assistance Program
1-844-880-9142
https://www.lifeworks.com

Western Rehabilitation Services
Support Services Building RM 4159

Crisis Line (Reach Out)
(519) 433-2023 or 1-866-933-2023

Canadian Mental Health Association
https://www.cmha.ca

For more information, visit:
www.uwo.ca/hr/safety/wellness/healthy_minds/index.html