Wellness at Systems Engineering

June 5, 2019

SYSTEMS
engineering

Overview

- IT Managed Service Provider
- 150 Employees
- 31 years in business
- Offices in Portland, ME & Manchester, NH
- Serving New York City North

Perspective

"What the hell is wellness?"

-Jim McGrath 2014, 2015, 2016, 2018, yesterday

Seven Dimensions of Wellness

1. Social
2. Emotional
3. Spiritual
4. Environmental
5. Occupational
6. Intellectual
7. Physical
8. *Financial*

- Fun runs
- Yoga
- T-shirts

Source: UC Riverside

Work/Life Balance Myth

Work/Life Reality

Here for Good

Wellness for us means:

Providing resources and opportunities for our employee owners that contribute positively to their overall life experience and their ability to navigate life's challenges.

Finding non-traditional ways to deliver "wellness" to all populations

Acknowledging that there is a marketing component of Wellness.

What it isn't…

- An initiative to save on health care costs
- A directive from leadership
- A pressure-driven set of activities

Wellness Initiatives

- Health Coach
- Financial Literacy Education
- Book club
- Onsite “wellness facility” (gym)
- Family & Friends events
- Acute personal emergency assistance
- Benefits education sessions for families
- Volunteer hours
- Parental Leave/flexible schedule

Wellness Initiatives

We also do the stuff that makes my Dad shake his cane in disgust:

- Free onsite Yoga
- Chair massages
- Mindfulness space
- Dodgeball team
- Standing workstations

Systems Engineering
Get Ahead of IT

Work/Life Reality

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