

GENWELL WEEKEND - SPRING EDITION

Workplace Toolkit

MAY 3-5, 2024

We need your help in building a more connected Canada!

[CLICK HERE TO REGISTER FOR GENWELL WEEKEND](#)

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WORKPLACE



The Power of Human Connection

Studies show that **social isolation, disconnection, and loneliness** have a bigger impact on your health than **smoking, obesity, and high blood pressure**.

Whereas social connection and social health positively impact your physical and mental health, with benefits such as:



Single greatest contributor to happiness



Reduces anxiety and depression



Reduces burnout



Strengthens self-confidence



Builds resilience



Greatest preventative action to avoid depression

GenWell Weekends are strategically selected weekends during seasonal transitions when research suggests that people struggle and would benefit from having an opportunity, excuse and reminder to reach out and get connected.



[Learn More about GenWell Weekend Here!](#)

Now that you know the facts, we hope that you feel even more inspired to **register your intention** to get connected on GenWell Weekend this **May 3rd- 5th**.



WHO CAN PARTICIPATE?

EVERYONE CAN... AND SHOULD!

Hosted by GenWell, [Canada's Human Connection Movement](#), who since 2016 has been on a mission to make the world a [happier](#) and [healthier](#) place one face-to-face connection at a time.

What Are We Asking?

Twice a year (spring and fall), we invite Canadians to participate in GenWell Weekends from Friday - Sunday.

On Friday's we encourage you to connect with classmates and co-workers. On Saturday and Sunday, we want to inspire you to connect with family, friends, & colleagues.

GenWell Weekend are your excuse, reminder, & permission to [connect](#) with the people you've been meaning to reach out to, but just haven't made the time to make it happen.



How Can Businesses Use Genwell Weekend?

GenWell Weekends provide Canadian businesses an opportunity to consciously introduce the benefits of a more connected workplace and society to your leadership and employees.

By hosting a GenWell Project with your staff, team, suppliers, partners and anyone else that you think would benefit from building healthier connection habits, you begin to entrench the value of building time to connect face-to-face with others, whether it is for individual well-being, the success of the business or the health of the broader society.

We all benefit from greater human connection in our lives, and more employees than ever need your help in staying connected.

Check out the podcasts and articles below for more benefits of connection:

- [Growing Social Health in the Workplace](#)
- [Catalyzing Human Connection Social Reform through Empathy](#)
- [Human Connection- the greatest business opportunity in decades](#)



Ideas to Connect



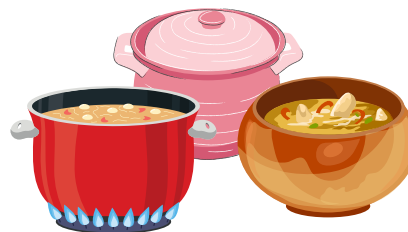
Get the team together for a nature walk



Organize a dinner party with colleagues



CEO Coffee Chats



Potluck lunch



Volunteer for a local cause



Use technology to supplement human connection for those who can't make it in

Need some connection ideas?

[Click here for more](#)

Register your plans at
www.GenwellWeekend.org

How Can You Get Involved?

1) Make plans to get **connected face-to-face** with family, friends, neighbours, classmates or colleagues anytime between May 3-5 and **register your plans** at www.GenWellWeekend.org.

2) By registering your plans to get connected you are entered into the **GenWell Weekend Contest** for your chance to win a **Crank Coffee/Genwell prize pack** (Value: \$150).



3) **Follow us on social media** and share your support for GenWell Weekend with your community. Your post might be the exact inspiration someone needs to take action to build their social health. Tag us at **#GoFirst and #GenWellWeekend**.



[@genwellproject](https://www.instagram.com/genwellproject)



[@genwellproject](https://twitter.com/genwellproject)



[@thegenwellproject](https://www.facebook.com/thegenwellproject)



[@thegenwellproject](https://www.youtube.com/thegenwellproject)

4) Use our **leadership tools** to share invites, posters, & social media posts with your community.

5) **Challenge** your network and your community to register their intention to get connected on GenWell Weekend at www.GenWellWeekend.org

Leadership Tools

Here are some **helpful tools** to make your GenWell Weekend experience as amazing as possible.

Inspire others to get involved in the Human Connection Movement.

On social, don't forget to use the hashtags **#GoFirst** and **#GenWellWeekend**, tag us and those would benefit from hearing this message.

Click the links below:

[Suggested copy](#)

[Social media creative](#)

[Logos & Team photos](#)

[Posters](#)

[Invitations](#)





Have fun. Get connected. We are in this together.

Want to learn more about our
classroom, community, and
workplace programming?

Visit [GenWell.ca](https://www.genwell.ca)

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