

HEALTHY MINDS

Organizational Culture



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.

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

Employees use organizational culture to guide their actions.

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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)
Web Chat: <http://reachout247.ca>
(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



Western

