

TOGETHER IN WELLNESS: A GUIDE FOR LEADERS AND WELLNESS CHAMPIONS

PASSION AND PURPOSE


FINDING FULFILMENT

What's the reason you get out of bed in the morning? It's an important question to ask yourself. After all, having passion and purpose in your day-to-day life is an important part of what makes you feel fulfilled and motivated.

Passion is about what makes you feel good—quite simply, it's doing what you love. And behind that is your purpose—the reason behind why you do what you do. These two things, in combination, are powerful motivators, whether their source is your family, spirituality or connection to your community.

But it's important to remember that these things are important in the workplace, as well. Having direction and excitement in your career is essential to your overall health and well-being. During difficult times, being able to mentally separate your day-to-day stressors from your long-term goals can help with maintaining your overall well-being.

Passion fueled by purpose is contagious. When one person is passionate about something that passion can spark similar excitement in someone else. Having a workplace where there's a common purpose will help to keep your purpose top of mind and your passion fresh.



Passion and purpose feed off each other. Remember to feed them every now and then.

TEAM ACTIVITY

How to prepare:

Review [Passion and Purpose \(Together in Wellness: Your Guide to Wellbeing\)](#). Pay special attention to the following tips for putting purpose and passion to work.

Impact colleagues. Aim to make it a regular practice to ask colleagues what you do that's inspiring for them—and then try to do those things more often.

Swap stories. Ask others what they're passionate about. Impactful stories can rekindle your inner motivation.

Student impact. Share stories about connecting with students to highlight the difference you make.

Revisit your purpose. It may change over time, so regular check-ins with yourself can help you keep your passion aligned to your purpose.

How to include your team:

1. Distribute copies of [Passion and Purpose \(Together in Wellness: Your Guide to Wellbeing\)](#) by sharing the weblink, providing copies at a staff meeting or posting in a common area.
2. Review the first page with your team and encourage staff to reflect on how these types of activities help keep their passion ignited and burning strong.

3. Ask your team to fill out the Venn diagram deliberation [activity](#). This can be done online, on a printed activity sheet or by drawing it on a piece of paper.
4. Have people get together in groups of three to four and use these conversation starters:
 - Is there opportunity to build your passion igniters into your everyday?
 - What inspired you to choose your career?
 - What has changed and what has stayed the same?
 - What ignites your passion now?
 - What does everyone have in common?

How to debrief:

5. Bring everyone back together and ask each of the groups to share:
 - What was one or two things they had in common in each area?
 - What were one or two differences?
 - Were there any opportunities for someone to be a mentor and help develop someone else's skills?



How to continue:

6. Develop a mentorship program at your workplace.
 - Survey the staff and ask if there's something they're passionate about that they would be willing to mentor.
 - Next, use the Passion and Purpose fillable [poster template](#) to post these mentorship opportunities.
 - Let people self-identify what that they're interested in and link up the mentor-mentee pairs.
 - Remember to do regular check-ins and move the mentor-mentee pairs around so everyone has a chance to spark a new passion!

RELATED RESOURCES:

Activity: Have you ever wondered "[What's Your Why?](#)". Kick start the conversation with this 10-minute wellness activity to help you and your team explore your whys.

Book: Find out why helping others drives our own success in Adam Grant's New York Times Bestseller, [Give and Take](#).

Website: [Greater Good in Education](#) provides science-based practices for kinder, happier schools. Read [How to Find Your Purpose in Life](#) for a little inspiration.



Like what you see? Visit wellness.asebp.ca to discover even more great workplace wellness resources.

