

**DIGITAL IDEAS &
MORE**

**30 TOOLKIT
IDEAS FOR
EMPLOYEE
BETTERMENT**

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HOW TO READ THIS PDF

Within our BW3 team, our average **Energy Audit score** was 68%.

So I reviewed our most common L/D tools through the lens of a designer myself and brainstormed 30 informal learning solutions.

These could match well within that tool's best features and dually increase a person's audit score or even a team's. The next question was on publishing, who would be the best owner for production & publication of each tool? We have 3 developmental options:

1. Ourselves (THE BW3 TEAM) as Developers
2. Via Crowd-Sourcing and then Repackaged
3. User-Generated and submitted to L/D for publication

As you explore my lens of this potential design work, feel free to see where it could fit into our current design framework and your own developmental goals. Happy brainstorming!

A QUICK PERSPECTIVE ON
**ON ENHANCING THE 4
DIMENSIONS OF ENERGY...**



Emotional

Emotional energy can be related to one's sense of inner peace and passion for life. It is important for a person to feel able to lead with authenticity to feel happy and balanced.

My Lens on Learning Solutions: Pets, Children, Causes Related to Charity, Volunteer Work, Donations, Food Drives, Nostalgia (Old Movies, Board Games etc.)

Spiritual

What does Spirituality mean to you? It is certainly subjective. I see this topic as related to one's life purpose and values.

Learning Solutions: Law of Attraction Planner (I use one! www.FreedomMastery.com), find a Life Coach via www.Noomii.com, get 3 free guided meditation tracks from www.Synctuition.com



Mental

The mind is where the stress is, due to overwhelm and too much technology. To elevate mental stress, there must be 1. more systems of organization 2. more prioritization 3. more delegation 4. Consider use of Comedy :

Learning Solutions: Create an in house intern team for extended support, or VA for team, or sponsor support for one, Design Worksheets, Calendars, Create 1-5 Yr Goals

Physical

Physicality works best when it held accountable, varied and fun! Exercise done should be daily, as it greatly enhances the brain, creativity and focus, enhancing employee productivity.

Learning Solutions: A Team or Company Retreat with Group Discounts, Team or Group Cruise, Dance Classes, Yoga, Dog Walking Club, Paired Health Partners

MY LENS ON

POTENTIAL TOOLKIT IDEAS...

THAT INSPIRE

*Some Concepts can be interchangeable



TOOL: STORYLINE

*Great Tool for Longer Interactive Courses

1. Farmers Market
Simulation with Quizzing
on Vitamins, Fruits &
Veggies and what they
do to the body

3. Weekly Team Course
(Diary) of Food Choices
with Scores, Recipes,
Food Swapping Ideas
& Nutrition Tips from
PWC Community

2. Fisherman Market
Simulation with
Interactive Review of
Fish Types & Benefits



TOOL: GOMO

*Great Tool for Short Visual Demonstrations

4. Digital Fridge with Scores on Certain Foods based on Nutritional Value

5. Digital Plate of Food Balancing With Scores (Protein/Carb/Fat)

6. Digital Sleep Pattern or Posture Pattern Info Tool

TOOL: AUDIO

*Great Tool for Mobile

7. Create Empowerment Affirmations with suggestions from Team or PWC, then produced & recorded as a playlist

9. Create your own internal online radio of favorite songs or motivational speeches from team

8. Sign up for 3 free tracks from tool www.Synctuition.com, world's 1st 3D meditation tool (I am an affiliate, and LOVE it)

10. Consider use of Hypnosis or Binary Beats to shift frequency & mental focus for enhanced productivity

TOOL: CAPTIVATE

*Great Tool for Screen Capture

11. Showcase websites related to Vegan Recipes

12. Showcase key fitness apps, diet, meditation etc apps from Google Play from suggestions from team.

13. Create Digital Breathing Course with Affirmations and effects on body

TOOL: IPDF

*Great Tool for Quick Development

- 14. Yearly Communal Vision Board for the Team, Consider a Digital Calendar of Goals
- 15. Group or Team Mission Statement & Life Goals on Calendar etc.
- 16. Handout; "Feel Good" Thank You or Congrats Sections updated monthly
- 17. Spice List with Benefits
- 18. Focus on Celebrations, Good News, Trips, Pets and Kids

TOOL: PODCAST

*Great Tool for Mobile

19. Focus on
Mental/Physical/Spiritual/
Emotional Speakers &
Life Tips (one per week) in
a calendar or create an
internal PWC
Empowerment Online
Summit

21. Make Podcast VISUAL,
Auditory is not
enough. Connect
Podcasts to a Youtube
Channel

20. Provide a "Feel
Good" Good News
Stream of
Celebrations, Child
Births, Wedding, Pets
and Travel

22. If possible,
Consider a
"Complication CD" or
an iTunes Album

TOOL: VIDEO

*Great Tool for Mobile & Social Media

23. Establish a Youtube/Be Well Channel related to Health, Spiritual, Mental and Physical Supporting Videos aka VLOGS from PWC employees, self submitted (more accessible on mobile than the Be Well Site)

24. Don't forget FB live videos from charity races, events etc.

25. Consider a video compilation of best well tips from PWC videos at an end of year town hall meeting

26. Consider Fitness Vlogs, Recommended Travels, Recipes etc, Variety is key.

TOOL: GOANIMATE

*Great Tool for Animated Courses

- 27. Create a Animated "Web Series" of a year in an employee changing their life from sedentary to fit!
- 28. Create a work/life balance animate of a working mom or dad finding ways to center kids, work, exercise, chores and more
- 29. Don't forget focus on relationships; Family, Friends and Partners...maybe goanimate on how to connect better to others (Emotional Intelligence)
- 30. MBTi is great to look at to help team dynamics! Keep it basic, E vs. I, N vs. S etc.



What's next?

**thank
you!**