Week Four: Occupational Wellness

Occupational Wellness is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to Occupational Wellness. (Learn more at the Wellness Center)

This week we are going to try and bring a little passion and positivity to our work philosophies and spaces. I encourage you to listen to both the talks and have fun with the challenge exercise. Once I tried the activity, I found myself attempting it on a lot of spaces outside of my office!

1. Listen/Watch David Marquet’s TED talk, “How great leaders serve others”.

2. Listen/Watch Larry Smith’s TED talk, “Pursue your passion”.

3. Feng Shui Challenge: Having an organized workplace seems like a little thing, but it can make a big difference in our ability to get things done, and our productivity can have an impact on our attitude. Learn about the Chinese art of Feng shui that can improve the way you organize and make you happier at work. Article & Guide HERE.

4. Post as many snapshots of your wonderful fung shui work space as you’d like. Remember to tag us so we can count your entries!

   Facebook: Vanderbilt Recreation and Wellness Center

   Twitter: @VandyRec

   Each tag is an entry for This week’s prize: A free Personalized Nutrition Coaching session that includes an initial assessment, diet analysis using professional software, individualized nutrition education, and goal setting.