Promoting Workplace Well-Being

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Organization

Hire Ventures, Inc. is an HR consulting firm founded in Atlanta, GA. Their mission is to “enable clients to find and keep talent by implementing streamlined processes, leveraging the right technology, and delivering on-demand, scalable hourly HR consulting and hourly recruiting consulting services” (Hire Ventures, 2022).

Responsibilities

This internship involved:
• conducting an internal needs analysis to create the base framework for a wellness campaign;
• developing topics for a 10-week wellness blog series that targets employees and employers;
• researching current trends and best practices for workplace well-being;
• writing blog ready information regarding burnout, stress, recovery, relaxation, remorse, and work-life balance;
• creating supplemental material (e.g., training videos, activity worksheets, etc.) to support blog content.

Timeline

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<thead>
<tr>
<th>Project guidelines discussed</th>
<th>Conducted a needs analysis</th>
<th>Researched current guidance and best practices</th>
<th>Translated research into practitioner language</th>
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<td>01</td>
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Final Thoughts

This experience further solidified my interest in Occupational Health Psychology and instilled a confidence as an I-O practitioner. Following the wellness campaign, Hire Ventures, Inc. continues to make efforts in supporting their clients’ and employees’ wellbeing by implementing micro-break policies, encouraging PTO, posting wellness resources to their social media accounts (i.e., LinkedIn, Instagram, etc.) and more.

References