



Tips for Teams

Why do you do what you do?

How you answer this question can help you find **joy in work** — the feeling of success and fulfillment that comes from doing work that you know matters.

Here are 6 tips to help you and your team create joy in work:



Discuss at a team meeting: What's important to you in your daily work? What helps make a good day? What gets in the way of a good day?



Practice wellness and resiliency as a team: Take a walk, start a meeting with a **1-minute meditation** (epf.kp.org/wps/myportal/hr/benefitsandwellness/wellness/healthyme/mentalhealthandwellness/onemomentmeditation) or try an **Instant Recess** (LMPartnership.org/instant-recess).



Celebrate each other. Set up a **“way to go”** (LMPartnership.org/huddle-power) process in your team to recognize a co-worker.



Work on projects important to the team, such as creating the **best place to work** (LMPartnership.org/best-place-to-work) or building a **Free to Speak** (LMPartnership.org/free-to-speak).



Use **performance improvement tools** (LMPartnership.org/pi-guide) to highlight your hard work and measure your success.



Share information (LMPartnership.org/co-lead-report-sponsors) about your team's work with union, management and physician leaders. Sponsorship is crucial to high-performing teams.

