Bringing Back Field Day:
An Innovative Approach to Cultivating Healthy Work Environments

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Objectives

- Distinguish how a Field Day event can be used to cultivate a healthy workplace environment.

- Integrate “tried-and-true” recommendations with the planning, implementation, and evaluation considerations of a Field Day event.

- Create specific activities that may be used to promote physical activity, an increased sense of community, and enhanced collegial relationships among participants of a Field Day event.
YOU KNOW YOU'RE A NURSE IF...

No. 3

YOU WEAR YOUR RUNNING SHOES TO RUN...

AT WORK.
WHO SAYS NURSING IS STRESSFUL?

I'M 39 AND I FEEL GREAT!!!
Background

- A positive workplace culture is integral to an organization’s success\(^1\)

- “Social Capital” is one aspect that plays into the health of organizational culture\(^3, 5\)
Social Capital

- “… goodwill, fellowship, mutual sympathy and social intercourse among a group of individuals and families who make up a social unit.”

- Hanifan, 1916 (p. 130)
Outcomes of Healthy Work Environments

- Productivity Outcomes
- Improved Communication
- Teamwork
- Employee Retention
- Patient Safety

HAPPINESS IS

...working with great people.
Please join us for our **Inagural CCN Field Day**!

**Who:** All CCN Faculty and Staff  
**What:** Field Day 2016  
**When:** Tuesday, May 10th. Fun starts at 10am and concludes with lunch around noon.  
**Where:** CCN, Silly  
**Why:** To celebrate an end to another successful school year!  
**How:** By enjoying some friendly competition, fresh air, and the chance to stretch your muscles!  

**What to bring:** Dress appropriately for fun and games. Athletic shoes are recommended.
Participants will be randomly assigned to teams. Teams are encouraged to get creative with a team name and/or uniform, and each team will need to designate a Captain.

If you will-- indeed-- be participating in all the fun and action, please enter your name here:
Cheerleading Squad

"We've got spirit, how about you?"

Sometimes, teams need their very own cheerleading squad. If you’d rather observe and root for teams rather than participate on one, please enter your name here:

(This will also count as your RSVP for lunch! Cheerleading = Food + Friends + School Spirit!)

I am unable to participate in the CCN Field Day this year, but good luck to all!

Please enter your name:
It Takes A Team!
Activities

- Laundry Basket Soccer
- Balloon Race
- Spoon Race
- Hula Hoop Contest
- Kickball
Laundry Basket Soccer
Balloon Race
Egg Spoon Relay Race
Hula Hoop Contest
Recommendations for Future


