



Tell Your Team to Take a Hike!

How time in green space can boost team performance

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Nature Immersion Meditation

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Pause.

Unplug.

Breathe.

Become aware of nature.

Connect through the senses.

Get curious.

What do you notice?

How do you feel?

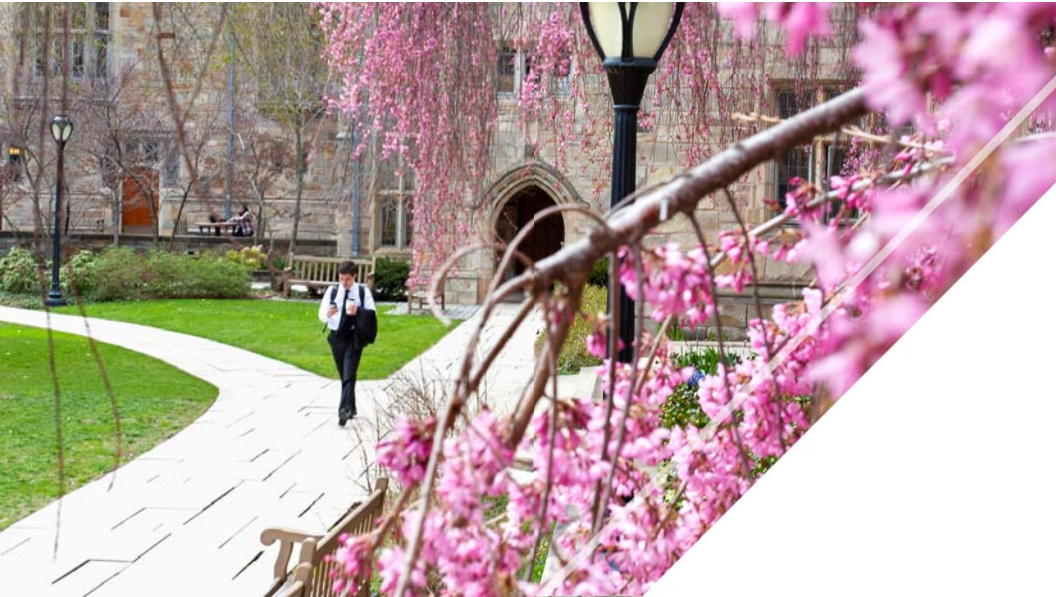


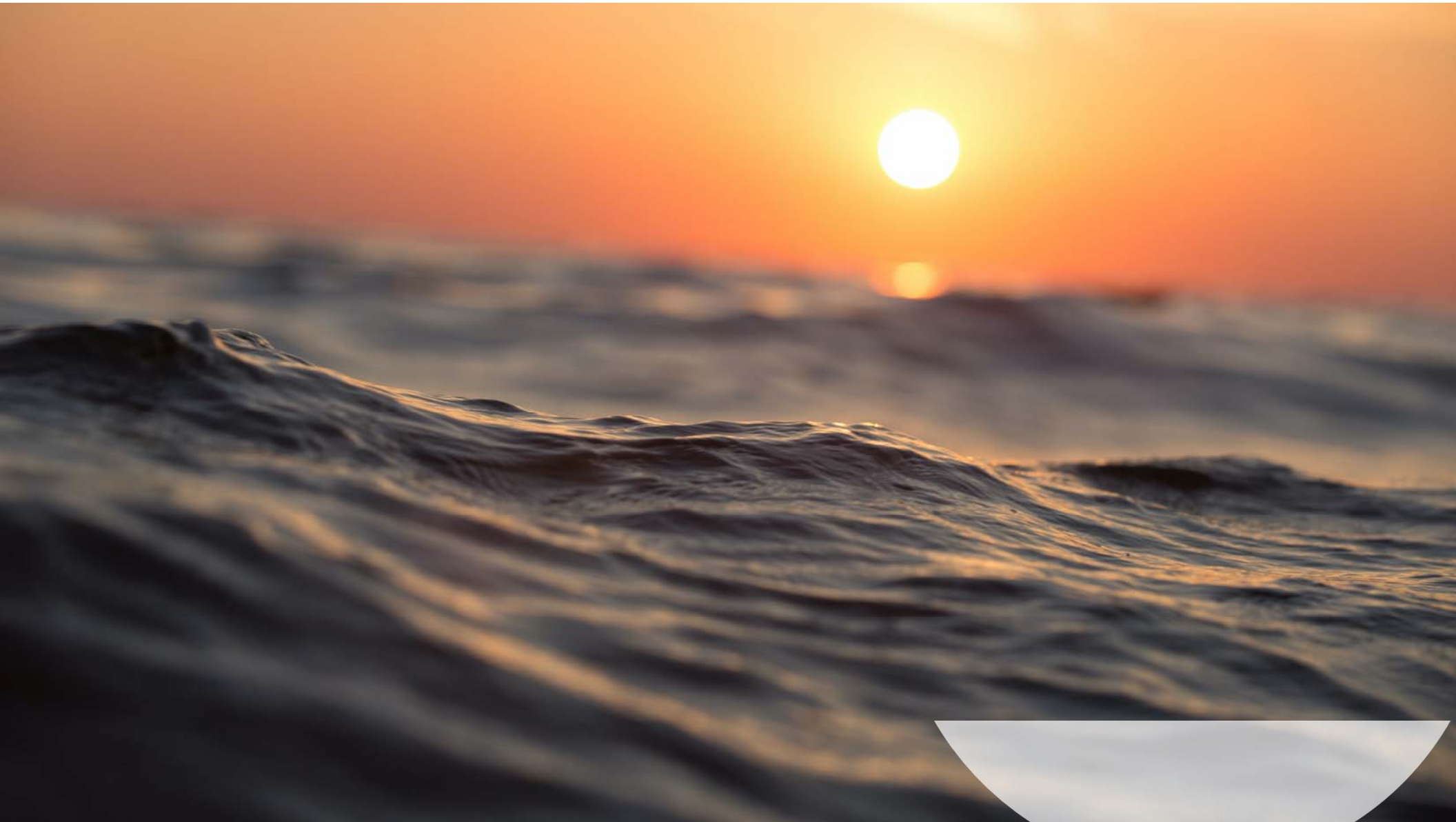


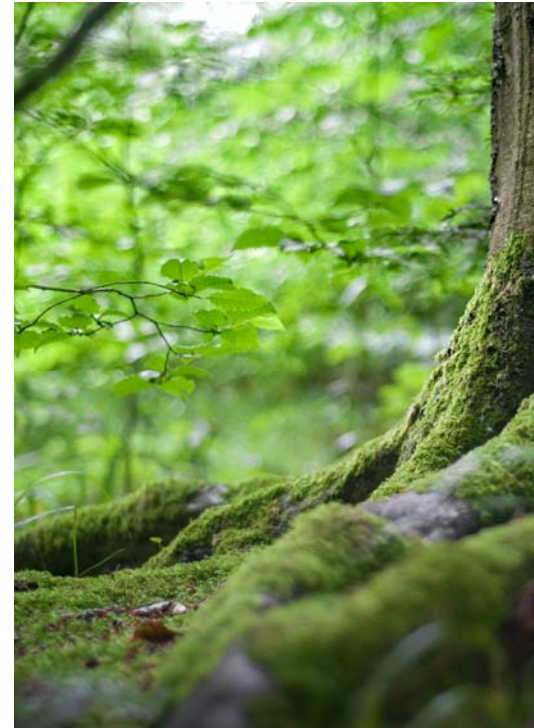


Why spend time in nature?









What is a “green space?”

“What’s your favorite green space?”



- “My husband and I worked on opposite sides of the Green when we were dating 28 year ago. We used to meet there for lunch.”
- “When I’m on the Divinity School Quad, I feel refreshed in the outdoors. I feel connected to the history of the Divinity School.”
- “Spending time in the courtyard behind SSS feels like a little escape from the everyday. I can just sit and breathe.”
- “My favorite spot is the walkway behind the Yale Cabaret. I always feel transported to another place.”



Break-out



What are ways you can integrate nature into your everyday workflow?

*Identify someone to take notes and someone to report back



Report Out

Report Out Notes

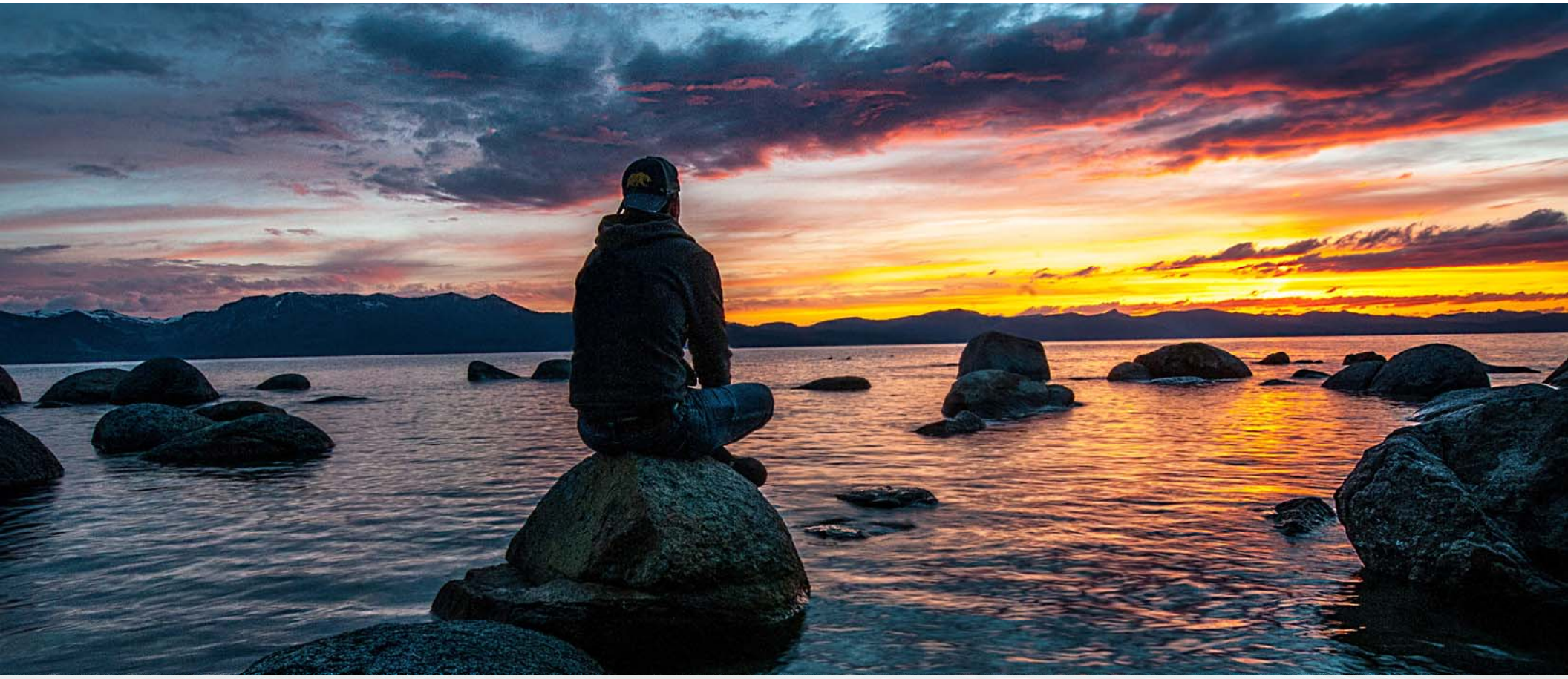
- Bring nature into office and home – indoor plants and pets
- Do outside lunches or one-on-one meetings outside.
- For places with no windows, important to have team meetings outside (walk outside together/on phone)
- Start meetings with meditation has been well-received. Can use recorded clip or stretch at beginning of meeting.
- Make time for walking outside
- Enjoy being able to be outside during the day (as opposed to leaving the office in the dark)
- Have conversations with staff about space, can you shift/make a change? Place desks near sunlight/windows or near houseplants.
- Artwork – decorate with nature to help with workday (nature collage with children, and another layer of feelings)
- Open windows to bring in sounds of birds, sunlight, rain



How can I help my team do this?

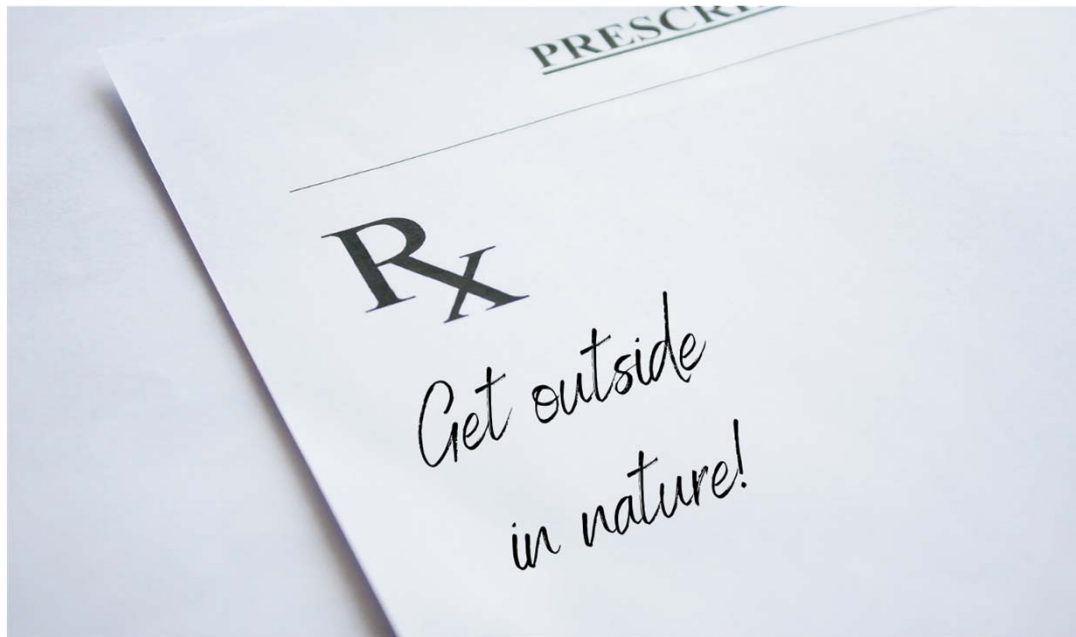
Take a moment outside





How do you feel?

How to Make the Most of Your Time



- Aim for 120 minutes a week
- One to 15 minute doses will do!
- Be present!

What's one takeaway to share with your team?

- Stretching at beginning of team meeting
- Schedule outdoor coffee meeting with team/direct reports and physically distance
- That moment – meditation, cleansing breath before a meeting. Showing you support that as a manager important for team.
- Work on ways to help team understand connections between nature & health. How to bring nature to each member of the team; how to bring to them working remotely.
- Being intentional with your space. Face a window; starting conversations can make big difference in people's environment.
- See what reaction is of team members to have manager conduct a meeting outside. Model and be explicit with teams that it is ok.
- Encourage staff to just go outside for 5 minutes between meetings (since can't walk to meetings anymore).
 - Shorten team meetings to allow for this.



Evaluation

Hover your phone camera over the QR code above or
use the Tiny URL to access the evaluation

<https://tinyurl.com/vlLT-OESD-Survey>

Resources

- [Yale Community Drop-in Meditation on Zoom](#)
- [Why You Should Tell Your Team to Take a Break and Go Outside](#)
- [Get Outside! How Nature Enhances Work Productivity](#)
- [5 Data-Backed Ways Working Outdoors Can Improve Employee Well-being](#)
- [Yale campus photographs](#) and [tour of Yale Myers Forest](#)