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?
important for your team?

Why is nature
Why now?
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 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/vILT-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](#)