

Build Engagement in your Community (Inbox)



The community inbox is a communal conversation platform that allows everyone in your organization to share their thoughts, feelings and opinions on this mindfulness journey you are on together! We encourage you to use this as a tool to promote team building and participation on this online community platform! Please use these tips and post prompts as a way to build your community engagement and get the most out of YOUR MindWell Training!

Possible Candidates to Start the Conversation

- Early Champions of Training or Mindfulness
- Wellness ambassadors

Prompts to Create Engaging Posts

- How are you actively using Take 5 in your life?
- What's something you've found interesting that you've learned in the Challenge?
- What are some of the cues that remind you to Take 5?
- Have you attended a Studio be Drop-In Session? If so, which one did you attend and what did you like about it?
- Did you attend the recent webinar? If so, what was something interesting that you learned?
- Have you checked out the On-Demand Mindfulness Sessions? Do you recommend any in particular?
- There are so many Webinar Highlights! _____ is a really good one - have you checked any out?
- Do you prefer to complete the Challenge days in the morning, afternoon or evening? Why is that?
- What do you find is the most effective part of Take 5? I find focusing on my ____ (breathing, feet on the ground, etc.) is the most effective way to bring my attention into the here and now.
- What has been your favourite day of the Challenge so far and why?

Tips to Promote Engagement

1. Post regularly: Post 2-3 times a week to promote participation amongst your community inbox and build team morale.
2. Ask & Answer: Make sure to ask the questions, but also answer them to kick off the engagement!
3. Safe Space: Make it a safe space for your community to share their thoughts, feelings and opinions on the training and what they have learned thus far!

