

WEEK OF  
2.19.2023

# PARTNER Huddle Series

## THIS WEEK'S Huddle Topic

## Learn All About the Intellectual and Vocational Wellness on the Roadmap to Wellness

### Activity

Today we are going to talk about the importance of Intellectual and Vocational wellness. That means using your own thinking to achieve goals. Let's try to use our Intellectual Wellness to tackle a challenge! The exercise is called "The F Challenge."

1. **Say:** "In a moment, but not yet, I will show you a sentence. It will have a number of the letter 'F's' in it. Your job is to count the number of 'F's' that you see without talking."
2. **Show the handout and Say:** "You have 30 seconds to count the number of 'F's' in this sentence. Do not share your answer but do remember your final count."
3. **Say:** "I will show you the sentence one more time, this time you can share and talk all you want!" (Show the handout again for 30 seconds).
4. **Say:** "There are 6 'F's' in the sentence. Did your number change, or were you able to help others see the correct number of 'F's'?"
5. **Say:** Today we are going to talk about intellectual and vocational wellness – and how we can help you grow and learn here at Moorings Park. We want to support you in improving yourself and learning new things even from setbacks.



#### PREPARATION TIPS



Read through the Huddle before facilitating.



Ensure that you understand the directions for the *F Card* activity.



Print out as many F-Card handouts you will need. People can share.

## Huddle Content

The second stop on the Moorings Park Roadmap to Wellness is intellectual wellness. We encourage you to explore new concepts, enhance skills, and apply new ways of thinking to current challenges. There are 4 main ways to develop your Intellectual and Vocational wellness here at Moorings Park. Here is the link to our [one-page Moorings Park Learning Institute Summary sheet](#) to find out about all the resources listed below:

- |  |                          |
|--|--------------------------|
| 1. Moorings Park Foundation Scholarships | 3. Tuition Reimbursement |
| 2. ESOL Training                         | 4. Relias Training       |

## Culture Connection

- ☑ One of Moorings Park's Core Values is respect and being open to innovation.
- ☑ This means thinking of new and more effective ways to tackle challenges at work.
- ☑ This week, we have placed resources to help you explore all the ways you can learn here at Moorings Park.

## Announcements

Place your organization and department announcements here.

## Quote

"The beautiful thing about learning is that no one can take it away from you."  
- B.B. King



This QR code will take you to the Partner Huddle Resource Page to get more information and resources on this Huddle as well as all other Huddles.





PARTNER

# Huddle Series

FEATURE FILMS  
ARE THE RESULT  
OF YEARS OF  
SCIENTIFIC STUDY  
COMBINED WITH  
THE EXPERIENCE  
OF YEARS.