

Weekly Wisdom

Grow the Green for You and Your Team



“Don’t forget to drink water and get some sun. You’re basically a houseplant with more complicated emotions.”

-- UNKNOWN

Welcome to Weekly Wisdom!

- The Wisdom & Wellbeing training team is excited to share tips & ideas in 1-page, easy to digest emails.
- Straight to your inbox every Wednesday!
- You may download each issue as a PDF to share with your team.
- Each issue will include a great quote, bullet points with the main ideas, and a link to more information.
- You may opt out below, but we hope you'll give us a chance!
- You and your team are basically houseplants. Let us help care for you all!