

## The Compassion in Balance Program: Self-Study Incentive Ideas

You may wish to offer incentives or prizes to those staff members who are engaging with or complete the self-study portion of the program.

For example, staff who finish the self-study and share their certificate of completion with the program coordinator might earn a prize such as a wellness credit, paid time off, a gift card for a healthy lunch, etc. The certificates could also be used in monthly raffle drawings. Random winners would receive a prize.

In addition, consider hosting lunch and learns for your staff. Bring in a healthy lunch and watch one of the videos together or use the discussion questions (provided) to talk about what they're learning in the self-study.

**Funding:** Ask local businesses to donate or discount these items. People are happy to help the helpers! If you're applying for a grant, factor in the cost of some of these items into your proposal.

1. Host healthy-ish lunches or breakfasts
2. Offer earned wellness credits, if you have an established wellness program
3. Offer earned time off (15 minutes, one hour, or an extra vacation day)
4. Reimburse staff for time spent studying off the clock
5. Host a wellness day or half day (chair massage, yoga class, art project, etc.)
6. Bring in a professional for a workshop (chiropractor, dietician or nutrition expert, yoga instructor, financial counselor, life coach, personal trainer, etc.)
7. Let them work from home for a day
8. Organize an outing (bowling, baseball game, mini-golf, cooking lesson, painting, etc.)
9. Offer Gift Cards and Raffle prizes:
  - Fitbit or exercise equipment
  - Movie passes
  - Session with a nutritionist or trainer
  - Restaurant gift cards
  - Massage or spa gift card
  - Concert tickets
  - Carwash and detailing coupon
  - Housecleaning service gift card
  - Grocery store, gas, or coffee shop gift card
  - Pet care products or services
  - Uber/Lyft credits
  - Meal delivery service membership for a week
  - Yoga, gym, or CrossFit membership for a month
  - Netflix or Audible subscription
  - Cellphone accessories (chargers, headphones, cases)
  - Air BnB credit
  - Magazine subscriptions