



## **The Happy, Healthy Nonprofit: Where Wellbeing Meets Impact**

*Because Those Who Create Community Joy Need to Thrive Too*

The Levitt Foundation helps grassroots organizations bring joy to millions through free concerts in public spaces - but who takes care of changemakers? In this interactive keynote, nonprofit thought leader and author Beth Kanter will lead you through an engaging mix of content and peer connections. Drawing from her bestselling book "The Happy, Healthy Nonprofit," Beth will share proven strategies and examples while creating space for you to reflect, connect, and learn. You'll discover practical approaches to creating healthy work-life balance, and build work cultures that help everyone thrive. You'll leave with practical tools to support both personal wellbeing and organizational vitality, helping you create even greater impact in your community.

### **Learning Objectives:**

- Understand what burnout looks like in the nonprofit world and gain proven tips to prevent it, both for yourself and your organization
- Discover how to nurture a culture of wellbeing within your team, whether you're part of a grassroots initiative or an established organization or an individual changemaker
- Learn about practical tools and techniques you can start using right away to support your wellbeing, no matter your organization's size or resources

### **Resources**

#### **Materials**

- [Keynote Slides](#)

#### **Books & Blog Posts:**

- [The Happy Healthy Nonprofit](#)
- [The Secret to Work/Life Balance When You Work from Home](#)
- [Eight Tips to Boost Your Personal Resilience](#)
- [Tips & Tools To Build A Nonprofit Workplace Culture of Resilience](#)
- [Navigating Nonprofit Burnout: A Conversation with Beth Kanter](#) (Nonprofit Times)

#### **Handouts:**

- [Five F's – Culture of Wellbeing](#)
- [Burnout Assessment](#)
- [Self-Care Plan Template](#)
- [A Moment of Quiet](#)
- [Workplace Rituals for Resilience](#)
- [Mindfulness: There's An App for That!](#)
- [Strolling Meetings](#)



#### Additional Reading:

##### A Moment of Quiet

- [Duke University Medical School/Brain Research Paper](#)
- [Open Office Space, Noise, and Productivity](#)

##### Workplace Wellbeing Research

- [Workplace Wellbeing Engagement Paradox](#) (Gallup)
- [The Great Exhaustion](#) (McKinsey)
- [Mental Health Implications of COVID-19](#) (Kaiser Health)

##### Workplace Burnout

- [Disaster Psychology Tips](#)
- [Burnout Assessment](#)
- [World Health Organization: Workplace Burnout Is Occupational Hazard](#)
- [Dr. Patrick Carnes – Addiction Research](#)
- [Working Longer Hours During Pandemic & Burnout](#)

##### Self-Care Tips

- [Self-Care Plan Template](#)
- [Healthy Habits During the Pandemic: Sleep, Diet, Exercise](#)
- [Fake Commute](#)
- [Tiny Habits](#)
- [Zoom Fatigue Research](#)
- [Zoom Escaper](#)
- [Exercise Snacking: Fun-sized Exercise for Your Heart](#)
- [Mindful News Consumption](#)

##### Workplace: A Culture of Wellbeing

- [Five F's – Culture of Wellbeing](#)
- [Workplace Rituals for Resilience](#)
- [Strolling Meetings](#)
- [Walking Meetings Research](#)
- [Could COVID scale the 4-day work week?](#)

##### Flexible Work Hours & Core Work Hours





###### Flexible Schedules

- **Work flexible hours** that vary from the traditional “9 to 5,” or core hours - but they still work 40 hours (or 37.5 or 35 hours per week)
- **Compressed work schedule** - works 40/37.5/35 hours per week in less than five days per week ([four day work week](#))
- [Managing Flexible Work Arrangements](#)
- [The future of Flexibility at work](#)



- [Is 40 hours per week too much/too little?](#)
- [The 40 Hour Work Week Isn't Working](#)
- [Alternatives to 40-hour work week](#)

#### **Templates from UC-Berkeley For Employees Who Request Flexible Hours**

-  **Flexible Work Readiness - Self-Assessment.pdf**
-  **Flexible Work Arrangement Proposal Template and Sample.pdf**
-  **Flexible Work Arrangement Proposal Template and Sample.pdf**
-  **Flexible Work Agreement Initial\_Revised10192021.docx.pdf**

#### **Collections of Links Curated by Beth Kanter**

- [Virtual & Hybrid Workplace](#)
- [Work-Life Balance](#)