

REMOVING THE STIGMA OF MENTAL HEALTH: RECAP OF 2021 INITIATIVE

NOVEMBER 16, 2021

VIRGINIA BANKERS
ASSOCIATION
Benefits Corporation

AGENDA

- Adam Grant Ted Talk: How to Stop Languishing and Start Finding Flow
- Participant Survey Results
- Outline of 2022 Program Initiatives
- Meeting Dates
- Q&A

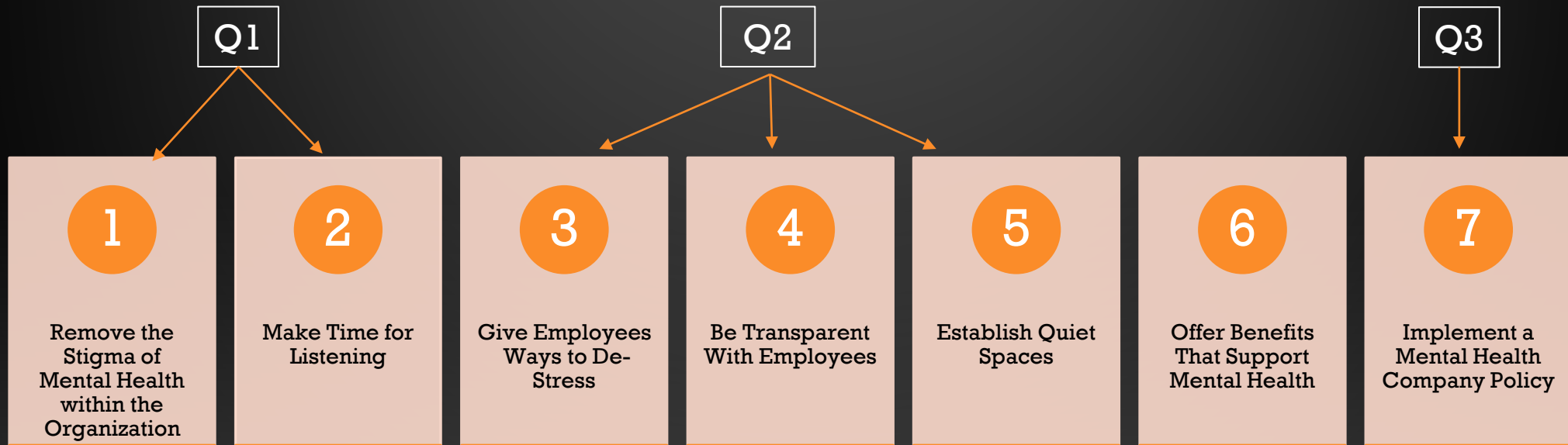
ADAM GRANT TED TALK: HOW TO STOP LANGUISHING AND START FINDING FLOW

[How to stop languishing and start finding flow - Bing video](#)

MENTAL HEALTH SURVEY RESULTS

- Continue with current format of quarterly meetings and quarterly check-ins
- In-person meeting in 2022
- Majority of group in Phase 1-2 of current action plan
- Continue mental health initiative for 2022-COVID roadblock for 2021

STEPS TO BUILD A CARING CULTURE



Q&A

