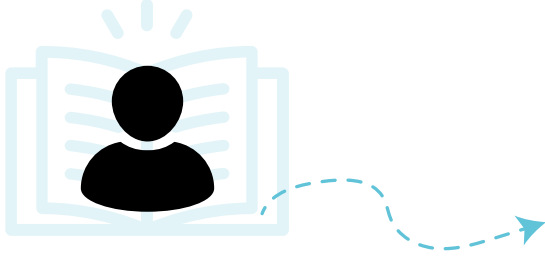


STORY HIGHLIGHT

MAELINN'S WELLBEING STORY



Maelinn is a Government Affairs Associate with a health organization in Arizona. They are an active member of the Collaborative and passionate about prioritizing wellbeing for health professionals.

My Supervisor Did Not Support Me.

So there I was, doing weekly therapy sessions in my private office during my unpaid lunch period.

My supervisor, *let's call him Patrick*, noticed me doing so and decided to have a conversation with me about it. Calling me into this office, Patrick said **"you should have talked to me before taking those meetings during lunch."**

As I tried to apologize saying that I didn't know he had to be aware of what I was doing, he abruptly cut me off and said "I need to know what you are doing at all times when you are at work."

This apparently meant my lunch period as well - I should note I am not paid for my lunch period.

Patrick proceeded to tell me that it was okay to take therapy during my lunch, but *I had to let him or my other supervisor know beforehand*. When I had noted my ignorance of the rules, **he immediately got defensive** which hurt my feelings honestly.

I wish he handled things differently. But... I honored his wishes and chose to not take therapy during my lunch time at work because **I did not feel safe in doing so**, nor did I want him to be aware of my personal life in that way.

I learned that his seemingly micro-managing attitude was **not something I looked for in a manager**, nor was it an environment I wanted to be in. So, when I was looking for a different job, I looked for an organization whose values matched my own. An organization who showed me through their actions, initiatives, and leaders that wellbeing is important; meaning a work life balance and taking care of my physical and mental health.

You might be wondering if I ever found such an organization and I am happy to say that **I DID!** I found that an organization whose values matched my own and who prioritized wellbeing and I moved on from that original job and from Patrick.

I believe that leaders really have the ability and capability to set values and the tone for wellbeing for their organization. And my hope that is as leaders read this story, they are inspired and encouraged to use their roles and platforms to do that.

And if they are not sure how, **to turn to the Wellbeing Collaborative for support in doing that.**

Join our upcoming Monthly Story Circle to connect with others and share your story of wellbeing!

Wed 5/29 12:00pm-1:00pm

[CLICK HERE](#)

Thur 6/27 12pm-1:00pm

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