

Pillar in A Box Instructions

Hello! A new month is here and it's time to open your Pillar in a Box and explore the true meaning of all of our pillars!

Daily Instructions:

Step 1: Hand out the Pillar page and have a team member read the Pillar for the month out loud. (Choose a different team member each day.)

Step 2: Read the day's Activity/Discussion to the team.

Step 3: Do the Activity/Discussion.

The Following activities are listed below for your morning huddle each day this month. Allow for 1-2 minutes of discussion with your team about each of these activities.

Morning Huddle Touch Points:

December 1: (Discussion) **Culture** - As we begin a new month, make sure that you have the following activities on your calendars. Our goal for 2024 is RETENTION, RETENTION, RETENTION, so talk with your team about why participating in fun activities is important in fostering a happy and productive work environment.

Monday, Dec. 4 - National Sock Day so wear socks that are colorful, crazy, or just your favorite

Tuesday, Dec. 5 - International Volunteer Day so make plans to serve others during this holiday season

Tuesday, Dec. 12 - National Gingerbread House Day so make plans to decorate individually or as a team

Friday, Dec. 15 - National Ugly Christmas Sweater Day so let's see how crazy your sweaters can get

December 2: (Discussion) **Team Loyalty & Respect** - Team loyalty means we show up for each other! Think of someone on your team who walks the walk and talks the talk when it comes to the pillar of Team Loyalty & Respect and share with the team why you chose them.

December 3: (Discussion) **Humility** - Humble people are teachable and willing to learn from others. Grab someone that you normally don't work with in your everyday tasks and spend the next 10 minutes sharing something about your job that they don't know.

December 4: (Activity) **Happiness & Fun** - It's National Sock Day! Grab your teammates and take a group photo, or if you work from home you can take an individual one, but show off your socks and post it on our CDP Team Facebook page! (Link to CDP Team Facebook page [here](#))

December 5: (Discussion/Activity) **Individual Compassion** - In honor of International Volunteer Day we are going to spend today's Pillar time making a plan to serve. With your team, spend 5-10 minutes looking for volunteer opportunities while you are all together. Then, so that we hold ourselves accountable, share with your team what activity you choose!

Here are some websites and apps where you can find volunteer opportunities available in your local community:

1. VolunteerMatch (www.volunteermatch.org)
2. JustServe (www.justserve.org)
3. United Way Worldwide (www.unitedway.org)
4. POINT (pointapp.org)
5. Points of Light Engage (engage.pointsoflight.org)

December 6: (Discussion) **Health & Balance** - As we deal with the ebb and flow of our daily lives, I encourage you to listen to your body. Those eye twitches are your nervous system sending you signals. Take a step back and ask yourself - what is a continuous source of stress in my life right now? Complete this sentence and share it with the group: "I know I am stressed when _____ and today I will _____ to create more balance for myself by lessening or eliminating this stress."

Don't forget that next Tuesday, December 12 is National Gingerbread House Day so make sure that your team has plans for who is bringing which supplies and let's see who decorates the best!

December 7: (Discussion) **Relationships & Customer Service** - We always want to be #1 in the customer service experience! Share with your team what you think makes your department or practice #1 when it comes to relationships and customer service.

It's Pearl Harbor Day so CDP wants to not only remember those who were killed at Pearl Harbor on December 7, 1941, but also to honor all those who selflessly serve our country. Thank you!

December 8: (Discussion) **Individual Compassion** - Why is Individual Compassion important when addressing an issue with a co-worker?

December 9: (Activity) **Development & Learning** - As employees of Community Dental Partners, we have access to discounts through our Perks at Work program. Go to www.perksatwork.com, click "Sign Up for Free" and then follow the instructions to activate your account. Log in and then share with your team a discount that is listed that you are excited to use! If you have already completed this activity earlier this year, share with your team something you purchased at a discounted rate. There are tons of discounts available to us, so why not save money on many items you are already purchasing!?!