



May 4 – 10, 2025

California's Public Service Recognition Week

*Benefits That Support
a Life Well Lived.*

Presented by Statewide Engagement Program,
CalHR, Benefits Division

Statewide Engagement Program

PROGRAM MISSION

Provide a holistic approach in connecting state departments with the capacity and community to support the overall wellbeing of state employees.

Bringing Together:


- Employee Wellness Program
- Employee Assistance Program
- Merit Award Program
- Employee Engagement Program

Learn more about the Statewide Engagement Program by visiting the [CalHR Benefits website](#).

Threading the topic of employee engagement by nourishing the five elements of wellbeing.



Public Service Recognition Week: May 4 - 10





Public Service RECOGNITION WEEK


May 4 - 10, 2025


Public Service Recognition Week (PSRW) is a chance to express appreciation to civil servants for the essential work they do. CalHR invites you to appreciate and engage with state employees through the five elements of wellbeing.


Proposed Themes

 **Day 1: Career Wellbeing**
Host an in-person or virtual executive meet-and-greet focused on career development or record a video message. Facilitate a career recognition activity for teams or the entire department.

 **Day 2: Social Wellbeing**
Have a speed networking event where employees connect by asking questions, or facilitate an activity where employees create a slide about their interests and hobbies outside of work to compile into a fun team presentation.

 **Day 3: Physical Wellbeing**
Do a wellness activity such as a healthy snack meeting or a walk and talk break. Share additional physical wellbeing resources from the EAP and Employee Wellness Program.

 **Day 4: Community Wellbeing**
Encourage all employees to participate in a statewide virtual presentation designed to support community wellbeing and belonging.

 **Day 5: Financial Wellbeing**
Motivate employees to invest in themselves through a collaboration with Savings Plus. Wrap up the week with an activity determined by department or agency leadership.

Pictures of the Week
Highlight some of the best pictures all week. Tag photos on social media with the hashtags #PSRWCA and #CAServingCA.

GALLUP®

Proposed Theme Days

- Monday – Career Wellbeing
- Tuesday – Social Wellbeing
- Wednesday – Physical Wellbeing
- Thursday – Community Wellbeing
- Friday – Financial Wellbeing



Building a Culture of Engagement | Five Elements of Wellbeing



Monday: Career Wellbeing

- Executive/Management Meet & Greet
 - Virtual or in-person, focusing on career development
 - Share a recorded video of executive leaders
- Career Recognition Activity
 - Invite staff to recognize a career accomplishment from the past year
 - Reflective questions
 - In-person or virtual using Teams Whiteboard
- EAP On-Demand Webinars
 - Making the Transition from Individual Contributor to Leader
 - Cultivating Civility in Your Work Environment
- Wellness Resource
 - Finding Purpose in Your Work



Tuesday: Social Wellbeing

- Speed Networking
 - In-person or virtual with breakout rooms
 - Rotate partners to recognize strengths/skills
- Personal Interests Slide Activity
 - Employees create a slide with their interests and hobbies for a team presentation
- EAP On-Demand Webinars
 - [Helping Your Employees Manage Workplace Stress](#)
 - [Motivating Others to Be Their Best Self](#)
- Wellness Resources
 - [Living a Well-balanced Life](#)
 - [Optum: Eight Tips for Setting Healthy Boundaries](#)
 - [Sutter Health: How to Discuss Social Media with Your Teen](#)



Interests & Hobbies

Landscape Photography



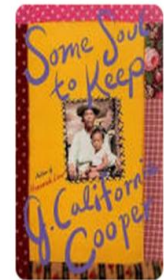
Traveling



Hiking



Reading



Hobbies & Interests

Travel

Family

Card + Board Games

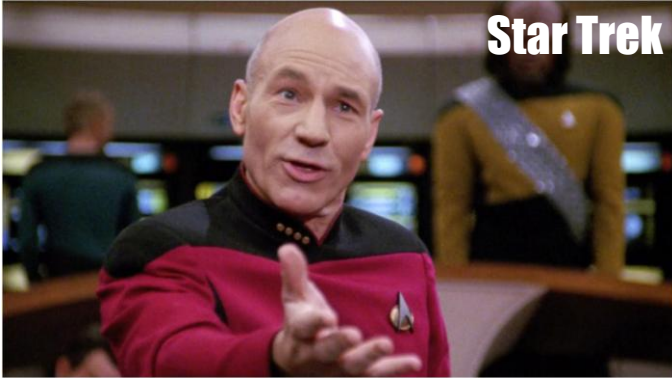
Dogs

Hiking

SUP

Golf





Star Trek



**100
BEST
MOVIES
OF ALL
TIME**



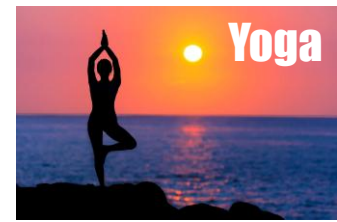
Watercolor



Botanical gardens



Pets



Yoga



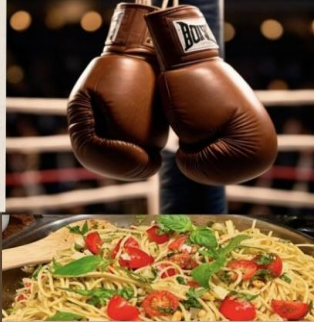
Theater

travel, hiking, reading, working out, plants





HEALTH & FITNESS



FAMILY

Learning



FRIENDSHIPS



TRAVEL

Wednesday: Physical Wellbeing

- Wellness Activity
 - Healthy snack meeting and/or walk and talk break
 - [CDC: Tips For Offering Healthier Options and Physical Activity at Workplace Meetings and Events](#)
- EAP On-Demand Webinars
 - [Power Your Life with Better Sleep](#)
 - [Using the Power of Meditation to Restore Wellbeing and Improve Health](#)
- Wellness Resources
 - [Kaiser Permanente: Mind-Body Wellness](#)
 - [Propel Studio \(on-demand workouts\)](#)
 - [Virtual Kitchen](#)



Thursday: Community Wellbeing

- Community Wellbeing Discussion
 - Virtual session designed to support community wellbeing and belonging
 - Open to all state employees
- EAP On-Demand Webinar
 - [Creating Psychological Safety: A Guide for Leaders](#)
- Wellness Resources
 - [Podcast: Getting Involved In Your Community](#)
 - [Kaiser Permanente: Find Community Resources Near You](#)
 - [CDPH: Get Involved in Shaping Healthy Communities](#)



Friday: Financial Wellbeing

- Investing in Yourself
 - Collaboration with Savings Plus
- Wrap-up Activity
 - Determined by department/agency leadership
- EAP On-Demand Webinars
 - [Balancing your Financial and Emotional Wellbeing](#)
 - [The Financial Wellbeing Playbook](#)
- Wellness Resources
 - [Financial Wellbeing Program](#)
 - [Blue Shield On-Demand Webinar: Balanced Budget, Balanced Brain](#)



Public Service Recognition Week Wellbeing Virtual Backgrounds



Public Service Recognition Week Website

- Visit the PSRW website for:
 - Daily suggested activities
 - Links to resources/webinars
 - Reflection questions
 - Links to virtual backgrounds
 - Virtual learning session slide deck
 - Employee flyer



Statewide Engagement Program

California's Public Service Recognition Week Toolkit
SAVE THE DATES MAY 4-10, 2025
Honoring Our Public Servants
Connecting Citizens With Their Government

Public Service Recognition Week (PSRW) is a time set aside to honor individuals who serve our nation as federal, state, county and local government employees. It is a valuable recognition program intended to help build workplace culture and support meaningful employee engagement.

CalHR invites each department to participate in themed event days during PSRW. Recommended events are highly encouraged but not mandatory. Departments can also establish their own unique activities for the week.

Public Service Recognition Week

- Remember:
 - Use #PSRWCA and #CAServingCA with all social media posts
 - Like and share other departments' posts
 - Email questions to: StatewideEngagement@calhr.ca.gov
- For more information on Statewide Engagement



Employee Assistance Program



Employee Wellness Program



Employee Engagement Program



Merit Award Program

Copyright Standards

This document contains proprietary research, copyrighted materials and literary property of Gallup, Inc. It is for the guidance of your organization only and is not to be copied, quoted, published or divulged to others outside your organization. All of Gallup, Inc.'s content is protected by copyright. Neither the client nor the participants shall copy, modify, resell, reuse or distribute the program materials beyond the scope of what is agreed upon in writing by Gallup, Inc. Any violation of this Agreement shall be considered a breach of contract and misuse of Gallup, Inc.'s intellectual property.

This document is of great value to Gallup, Inc. Accordingly, international and domestic laws and penalties guaranteeing patent, copyright, trademark and trade secret protection safeguard the ideas, concepts and recommendations related within this document.

No changes may be made to this document without the express written permission of Gallup, Inc.

Gallup® and the Gallup National Health and Well-Being Index™ are trademarks of Gallup, Inc. All rights reserved. All other trademarks and copyrights are property of their respective owners.