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Book Review 16 Wellness Leadership: Creating supportive environments for healthier and more productive employees by Judd Allen, Ph.D.

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Available at: https://works.bepress.com/william_mcpeck/8/
Book Review: **Wellness Leadership: Creating supportive environments for healthier and more productive employees by Judd Allen, Ph.D., Healthyculture.com, 2008.**


Judd Allen is a nationally recognized expert in the area of creating healthy organizational cultures. In this book, Dr. Allen looks specifically at the role leadership plays in creating and maintaining a healthy organizational culture.

Wellness Leadership looks at leadership and wellness from two different perspectives:
* The perspective of managers at all levels
* The perspective of the wellness professional

Wellness Leadership identifies four broad responsibilities leaders can use to enhance organizational health and wellness. They are identified as:
1. Sharing the wellness vision
2. Serving as a role model
3. Aligning cultural touch points
4. Monitoring and celebrating success

A chapter in the book is devoted to each one of these four responsibilities. In addition, the book contains a chapter on engagement which addresses the issues of participation, wellness committees and the role of the wellness professional.

If you are a wellness professional or someone charged with the responsibility for your organization's wellness program, this would be a good book for you to read and potentially have in your personal library.