



February 2022: Why we're focusing on staff wellness this year

Dear firstname,

How are you today?

I am good. Busy but not too stressed, which is a nice place to be for a grants and communications writer. I feel like the more time I have, the more shiny, new projects I start, which then means the more tasks I have to drop when the next wave of deadlines arrives. I am intentionally taking things slow and easy, knowing that I'll thank myself next month when the grant season ramps up and I've still got fuel in the tank.

This idea of leaning into seasonality and the natural cycle of things is one we've been kicking around a lot here at ZC HQ as we try to support balance and health with the needs of our program participants and the organization. But it's a fine line to walk. At what point does resisting our need for rest become unsustainable? When does productivity and "bigger! better! faster! stronger!" turn into burnout?

2022 is going to be a huge year for us. Not only is it our 25th anniversary (much more to come on that front in next month's newsletter), but it is also yet another year of growth. That means that our struggle for balance is becoming less of an individual one, and one that needs to be addressed communally.

Within our staff team, we are trying to fix this by focusing on staff wellness through compensation, benefits, and workplace culture. (Do you want me to go into details about our benefits package? Let me know and I can write up a blog post about it!)

However your February is going, I hope you find some space for rest and fun with the people who give you energy. I'm lucky that my people are the ones I work with.

Until next time,

xx Jill - ZC Grants & Communications Writer



We took the staff team and the Work 2 Live crew and grads to the [Museum of Anthropology at UBC](#) this month. We all loved it and enjoyed hanging out together. Let's go back!

What else is going on at ZC?

- [The Adventure Sessions](#) are back for Winter 2022! And we've hired Noah, a Work 2 Live alumni, to co-ordinate the program. Welcome Noah!!
 - Jill was a speaker on the "Building Inclusive Communities" panel on "Belonging" with the [Whistler Multicultural Society](#), where she used her lived experience and her knowledge as our grant and communications writer to contribute to a very interesting conversation. [Watch the replay on YouTube.](#)
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Chris accepted a cheque for \$14,500 in December from our long-time partners, [Hockey Helps the Homeless](#). In 2021, they helped purchase WB seasons passes for our Work 2 Live crew and staff so they can access land-based programming. They also bought us a laptop for our growing staff team. Their 2021 tournament raised over \$800k for organizations like ours to invest into solutions for ending homelessness. Thank you HHTH for your amazing support!



[@zeroceilingsociety on Instagram:](#)

#tbt to last Friday, when Sean (Co-ED), Lizi (Development Manager), and Jill (Grants & Comms Writer) got to enjoy #pride and the start of the 2022 Whistler Pride Parade. We were even joined by Sean's daughter, who asked a lot of great questions, like "can I get a rainbow flag?" and "can I have a donut for dinner?" (Sean's answers: yes and yes. That's why he's the boss.)

Supporting the LGBTQ2S+ youth in our programs and in our community is so incredibly important, and we were in awe of this year's celebration. To learn more about why Pride matters, I invite you to read this #throwback post by one of our Work 2 Live alumni, Fern:

<https://zeroceiling.org/why-do-i-choose-to-celebrate-pride/>

It was incredible seeing so many wonderful people coming together to celebrate love after a pretty difficult few years – thank you to all the beautiful people we saw for reminding us that love, acceptance, and representation are at the foundation of belonging.

*Zero Ceiling's life-changing programs rely on your support. **[Make a gift today](#)**, and you'll empower young people facing homelessness to build healthy, independent lives.*

Make a Gift

If you would like to leave a legacy gift to Zero Ceiling in your will, please contact Lizi McLoughlin, Development Manager, at lizi@zeroceiling.org.

We gratefully and respectfully acknowledge that the land now known as Whistler, where Zero Ceiling operates, lies in the unceded territory of the Sk̓wx̓wú7mesh and Lílwat Nations.



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