



## U Matter Toolkit

The U Matter Toolkit includes resources such as NAN card templates, Purpose Statement templates, Organizational Assessment along with sample scripts for tabletop exercises, articles by Zach Mercurio and links to his past two presentations. These resources can be used separately or all together; however, you choose to continue the U Matter messaging within your work groups/departments. If you would like help putting something together, please reach out to [worksitewellness@uww.edu](mailto:worksitewellness@uww.edu) and we will be happy to partner with you to create a workshop or presentation geared to your area. If you host an event, please share highlights and pictures that we can share in the newsletter and on the Worksite Wellness website!

### U Matter Toolkit Resources

- [Create Mattering at Work – Supervisor Workbook](#)
- [Create Mattering Skill Building Workshop PowerPoint](#)
- [Create Mattering Organizational Assessment](#)
- [N.A.N. Card](#)
- [Purpose Statement Template](#)
- [Supervisor Tabletop Exercise Script](#)
- Zach Mercurio Article: “[How to Create Mattering at Work](#)”
- Zach Mercurio Presentation 2023: [The Power and Practice of Creating a Culture of Mattering](#)
- Zach Mercurio Presentation 2022: [Creating a Culture Where Everyone Matters](#)

### U Matter Quotes

“Mattering – the belief that we’re a significant part of the world around us that comes from feeling valued and adding value” – Zach Mercurio

“Research shows that few things are more powerful than when a human being realizes they matter” – Zach Mercurio