TITLE: An Action Relating To NAABIK’IYATI’ Committee; Approving The Office Of Legislative Services’ Navajo Nation Employee Wellness Policy

Date posted: July 2, 2019 at 11:48 AM

Digital comments may be e-mailed to comments@navajo-nsn.gov

Written comments may be mailed to:

Executive Director
Office of Legislative Services
P.O. Box 3390
Window Rock, AZ 86515
(928) 871-7586

Comments may be made in the form of chapter resolutions, letters, position papers, etc. Please include your name, position title, address for written comments; a valid e-mail address is required. Anonymous comments will not be included in the Legislation packet.

Please note: This digital copy is being provided for the benefit of the Navajo Nation chapters and public use. Any political use is prohibited. All written comments received become the property of the Navajo Nation and will be forwarded to the assigned Navajo Nation Council standing committee(s) and/or the Navajo Nation Council for review. Any tampering with public records are punishable by Navajo Nation law pursuant to 17 N.N.C. §374 et. seq.
DATE:       June 27, 2019

TITLE OF RESOLUTION: AN ACTION RELATING TO NAABIK’IYÁTI’ COMMITTEE; APPROVING THE OFFICE OF LEGISLATIVE SERVICES’ NAVAJO NATION EMPLOYEE WELLNESS POLICY

PURPOSE: If approved, this resolution will approve and adopt the Office of Legislative Services’ Navajo Nation Employee Wellness Policy.

This written summary does not address recommended amendments as may be provided by the standing committees. The Office of Legislative Counsel requests each Council Delegate to review each proposed resolution in detail.
PROPOSED STANDING COMMITTEE RESOLUTION

24th NAVAJO NATION COUNCIL -- First Year, 2019

INTRODUCED BY

(Prime Sponsor)

TRACKING NO. 0175-19

AN ACTION

RELATING TO NAABIK’ÍYÁTI’ COMMITTEE: APPROVING THE OFFICE OF LEGISLATIVE SERVICES' NAVAJO NATION EMPLOYEE WELLNESS POLICY

Section One. Authority

A. The Naabik’íyáti Committee is a standing committee of the Navajo Nation Council with oversight authority over the Office of Legislative Services. 2 NNC §§ 700(A) and 701(A)(5).

B. The Office of Legislative Services has the authority to provide a complete and full range of professional, technical and administrative support services to the Navajo Nation Council, Standing Committees of the Navajo Nation Council, unstaffed Commissions, Task Forces or Boards of the Navajo Nation Council, and Council Delegates. 2 N.N.C. § 952.

C. The Office of Legislative Services further has the authority to provide general services including personnel administration and management. 2 N.N.C. § 954(A).

Section Two. Findings

A. The health and wellbeing of all Navajo Nation staff is paramount to Navajo Nation.

B. According to the Association for Applied Sport Psychology, there are many psychological benefits gained through exercise including: improved mood, reduced stress and increased ability to cope with stress, improved self-esteem, body image,
and confidence, increased energy, decreased symptoms of depression, and better sleep patterns.

C. In order to encourage employee health and wellness, the Office of Legislative Services has created an Employee Wellness Policy attached as Exhibit A.

D. The Office of Legislative Services will provide staff with one of two wellness options: 1) two paid hours per week to participate in wellness activities; or 2) reimbursement up to $25.00/month for a gym membership. See Exhibit A.

E. It is in the best interest of Navajo Nation to adopt the Office of Legislative Services Employee Wellness Policy to ensure the wellbeing of all staff.

Section Two. Acceptance and Approval

A. The Naabik’íyáti’ Committee hereby approves the Office of Legislative Services – Employee Wellness Policy attached as Exhibit A.