

FACULTY & STAFF WELLBEING

A M U L T I D I M E N S I O N A L A P P R O A C H

ANGIE BROWN, DIRECTOR | COMMUNICATIONS AND WORKLIFE
UNIVERSITY OF FLORIDA HUMAN RESOURCES

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UFHR COMMUNICATIONS & WORKLIFE

We aspire to foster a healthy, productive, informed and engaged community of faculty and staff through strategic communications, programming and initiatives designed to support wellbeing and work-life integration.

- Biweekly newsletter
- Social media
- In-person/on-demand programs
- Employee Assistance Program
- Special events
- Health coaching
- Webinars
- Town halls
- Toolkits and guides
- Media library
- Guides/walking maps
- Directories



WINDOWS TO WELLNESS



WINDOWS TO WELLNESS



EAP, Resilient Gators,
Mindful Living, Take 10,
Good Night Gators



Financial Literacy
Series, Hitchcock Food
Pantry, Healthy
Behaviors Toolkit



Anti-Racism Repository,
Stronger Together,
Implicit Impact



Get Connected
Directory, Gratitude
Spreads, Healthy
Potluck Toolkit



Healthy Meetings
Guide, Workstation
Workouts, Summer
Camps Directory



Grief & Coping,
UF Mindfulness,
Baughman Center



Healthy Lifestyle Series,
Campus Dining Guide,
Group Fitness,
Challenges



Field and Fork, UF
Bikes, Gator CSA,
Walking Maps



Employee Education
Program, Higher
Education Opportunity

- Daily communication initially
- Leave donation drive
- Town halls: Health and workplace
- Family Resource Coordinator
- Resources to Restore Balance
- Anti-Racism Initiative / Stronger Together
- Financial Wellness Series
- EAP: Regular promotion/outreach
- Mental health triage partnership with UF Psychiatry



TO LEARN MORE

UF at Work

Website: <https://news.hr.ufl.edu>

Facebook/Twitter: @UFatWork

Instagram: @uf_atwork



UFHR Wellness and Worklife

Website: <https://worklife.hr.ufl.edu>

Facebook/Twitter/Instagram: @WellatUF



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The background of the slide is a blue-tinted photograph of a modern university building with a complex, geometric structure featuring many intersecting beams. People are visible walking on the lower levels of the building.

THANK YOU