

THE FACES **AND VOICES** OF THE WHOLE U

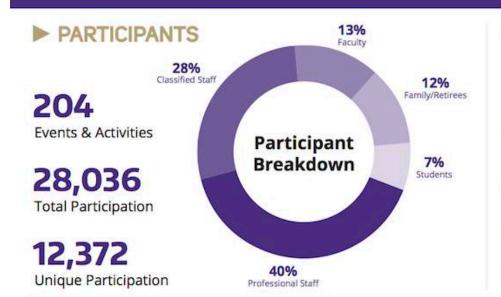
BOUNDLESS COMMUNITY

Connecting faculty and staff to one another and to our greater institution

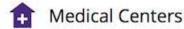


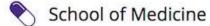


BY THE NUMBERS



▶ 5 MOST ENGAGED **ORGANIZATIONS**





Arts & Sciences

College of Engineering

Finance & Administration

PILLAR BREAKDOWN

	Articles	Events	Social Groups
Being Active	24	65	12
Eating Well	21	6	1
Engaging Interests	25	38	6
Life Changes & Events	3	17	2
Staying Healthy	42	40	
Volunteerism	4	7	

PROGRAM PARTICIPATION

CAMPUS PARTNERSHIPS

Student Well-Being Committee Harborview Resilience Committee

UW Housing & Food Services

Be the Match Campaign

UW Athletics UW Recreation UW Medicine

UW Bookstore

Virtual Training 11,794 Total

3.626 Virtual handouts & 5,386 self-paced programs Wellness Challenges 2.800 Yoga Month

▶ FACULTY SPOTLIGHT

24 Faculty Friday Articles

15 Staff Story Articles

11,438

■ WEBSITE

775,597 Page Views

603,894 Users

> 2,124 Average Daily Page Views

COMMUNITY ENHANCERS **PARTICIPATION**



15,961 Page Views

Page Views

DISCOUNT NETWORK

266 100,768 Discounts

WHAT PEOPLE ARE SAYING

FITNESS DAY

"This was tremendously fun, a good workout, and a real lift to the week. I've participated in many of the Whole U events and have always come away grateful to be part of the UW community. Thank you for another great Whole U adventure—I can't wait for the next one!"

Stephanie Kirschner

Database Developer, UW School of Nursing

PHOTO DAY

"This is one of my favorite events of the year. What a treat to have access to professional photographers on campus. We love to bring the family!"

Sara Kover

Assistant Professor, Speech and Hearing Sciences

BE THE MATCH

"This was an excellent event. The panel was uniformly outstanding and covered a wide range of perspectives. Sensitive issues were handled very thoughtfully. Thank you for putting it together."

George Lovell

Professor and Chair, Political Science

CUBAN DANCE CLASS

"It was different from the other events that I have done. It was fun. It was a workout and yet a learning event. I love to dance so I truly enjoyed it."

Rachel Bungay

Fiscal Specialist Supervisor, Administrative Services

RAISE THE BAR SUMMER SOCIAL

"Great event to enjoy some sunshine, great music and time with co-employees!"

Mary Schweikl

Program Administrator, Operating Resources

YOGA AT UW BOTHELL

"I work a lot and spend most of my days eating lunch at my desk while working. Taking lunchtime to do yoga made my whole day just more pleasant. I was kinder and more productive. It was wonderful."

Robin Lynn Angotti

Associate Professor, Mathematics

MANAGING STRESS IN THE WORKPLACE

"I really appreciated the mix of perspectives and personalities in the choice of presenters. They were very complementary and that combination made the event more impactful for me."

Emilio Mayorga

Oceanographer, Applied Physics Lab

SWEETEN VALENTINE'S DAY FOR UWMC PATIENTS

"This is a favorite Whole U activity that I do with my co-workers every year! Makes you feel good and team building all in one."

Katherine Forbush

Research Specialist, Recreation: Group Fitness

FACULTY FRIDAY

"The article was beautifully written and researched. I was touched by your care, attention, and interest."

Sonal Khullar

Associate Professor, Art History

WHOLE U SPEAKER SERIES

"I love the Whole U speaker series! So wonderful to have a department for the wellbeing of staff. Staff keeps the university functioning!"

Nancy Hautala

Audience Services Manager, Meany Hall

LEARNING HAPPINESS

"Outstanding presentation delivered in a very appealing way. I liked the little exercises and the practical approach as to how to enhance your happiness."

Stefan Wiktor

Acting Professor, Global Health

TAKE OUR KIDS TO WORK DAY

"LOVED the information shared by Eric Chudler; my 2nd grader took notes during the presentation, and used the info to write up his own presentation to share with his class the next day."

Lori Finch

Analyst, UW-IT

RUNNING CLINIC

"I was feeling tense, overwhelmed, and not focused on my studies before attending the event. I felt so energized and focused. Thank you for doing this amazing job."

Afnan Al Swyan

PhD Candidate, Family and Child Nursing

November in Review DEC 6

Forefront Suicide
Prevention LEARN
Training NOV 14 Cooking Demo with Chef Tracy DEC 5 Whole U Speaker 16 s Panel: Climate P Change NOV 7 Managing W Holiday Stress Whole U Speaker Expanding OCT 22
Whole U Speaker Expanding Your Notion of Series: Mental Health Everyone when Creating Benefits of Yoga Digital Resources OCT 1 Yoga Month Begins BOTHE OCT 12 Whole U Speaker Series: Inner Peace and Interdependence OCT 3
Running on "E";
Adding Energy and
Fun to Your Life SEPT 23 UW Bothell Photo Day AUG 12 UW Photo Day 2018 AUG 9 Raise the Bar Sum SEPT 17 Whole U Speaker Panel: Managing Stress in the Workplace SEPT 12 Whole U Speaker Series: Memory, Creativity, and Aging AUG 29 Learn the Basics of Home Mortgages Seminar JUL 9 Raise the Bar Summer Wellness Challenge Kick-Off AUG 2 Raise the Bar Whole U Kayak and Canoe Outing JULY 31 Whole U Speaker Series: Cultivating a Loving Heart MAY 2 UW Fitness Day JULY 25 Raise the Bar Brown Bag Lunch Series JULY 19 Raise the Bar Yoga and Meditation JUN 6 Global Running Day (Together we ran 1200 miles!) JUN 13
Take Control of R
Your Finance
Workshop JUN 13 Whole U Speaker Series: Inflammation JUN 6 Portraits 101: 7 Shooting in Natural Light MAY 8 MAY 18
Whole U Speaker
Series: Learning Series: Skin
Happiness Cancer Prevention APR 26 Take Our Kids To Work Day MAY 15 Latin Salsa Class with La Clave Cubana APR 20 1 Earth Day Challenge APR 5 Tai Chi Series MAR 21 Eating on the Run Seminar FEB 15 MAR 15
Resilience Play Shop: Earthquake AwareRelease Stress and ness and Personal
Recover Confidence Preparedness FEB 8 FEB 28
Mindfulness Stay
" Workshop at Organized
UW Bothell Seminar FEB 5 Sweeten Valentine's Day for UW Medical Patients JAN 25

The Underground Railroad" v JAN 16 JAN 25 Chinese Travel Personal Privacy Language and Digital Class Series Wellness NO-8

THE WHOLE UTIMELINE
A selection of our 204 events in 2018