



2018

THE FACES AND VOICES OF THE WHOLE U

BOUNDLESS COMMUNITY

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



THE WHOLE U
UNIVERSITY of WASHINGTON



BY THE NUMBERS

▶ PARTICIPANTS

204

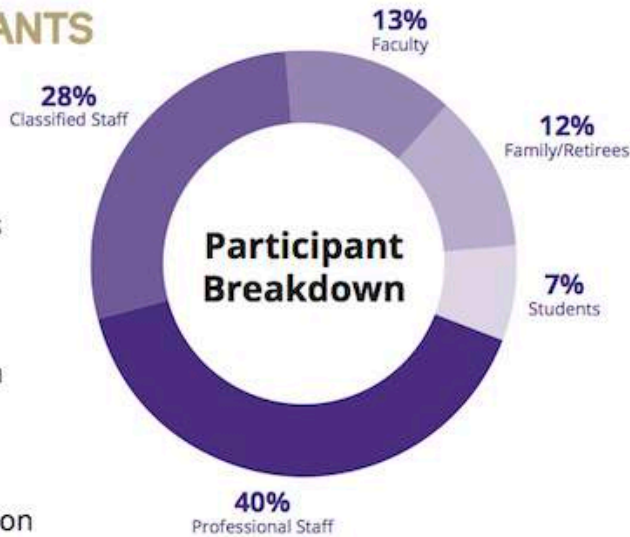
Events & Activities

28,036

Total Participation

12,372

Unique Participation



▶ 5 MOST ENGAGED ORGANIZATIONS

- Medical Centers
- School of Medicine
- 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

Virtual Training **11,794 Total**



▶ CAMPUS PARTNERSHIPS

- UW Athletics
- UW Recreation
- UW Medicine
- Student Well-Being Committee
- Harborview Resilience Committee
- Be the Match Campaign
- UW Housing & Food Services
- UW Bookstore

▶ FACULTY SPOTLIGHT

24

Faculty Friday Articles

15

Staff Story Articles

15,961

Page Views

11,438

Page Views

▶ WEBSITE

775,597

Page Views

603,894

Users

▶ DISCOUNT NETWORK

266

Discounts

100,768

Visits

2,124

Average Daily Page Views

▶ COMMUNITY ENHANCERS PARTICIPATION



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

THE WHOLE U TIMELINE

A selection of our 204 events in 2018

