CENTERING WELLNESS IN WORKPLACE CULTURE

Session 1: Discover the Foundations of Workplace Well-Being at UW

THE WHOLE U
UNIVERSITY of WASHINGTON

HUMAN RESOURCES
UNIVERSITY of WASHINGTON
PROFESSIONAL & ORGANIZATIONAL DEVELOPMENT


UW EMPLOYEE
EXPERIENCE

UW Employee Experience Programs

Employee Experience engages UW's diverse community by fostering holistic community connections, empowering well-being, and supporting a positive employee experience.

The Whole U
- UW's holistic wellness and community engagement program.

UW WorkLife
- Balancing life's demands. Caregiving, housing and personal wellness.

UW Combined Fund Drive
- UW's philanthropic workplace giving program.

Awards & Recognition
- Celebrating you: The people who make UW extraordinary.



The Whole U connects employees through shared experiences.

The Whole U inspires healthier, happier and more connected employees by providing opportunities to explore well-being, discover new interests, build relationships and engage with the UW community.

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Guiding pillars:

Being Active

Eating Well

Staying Healthy

Financially Fit

Engaging Interests

Life Events & Changes

Volunteerism



THE WHOLE U
UNIVERSITY of WASHINGTON

The Whole U: For UW, By UW

THE WHOLE U
UNIVERSITY of WASHINGTON

Events and activities (virtual and onsite)

- UW expert-led seminars
- Learning classes and workshops
- Financial education classes
- Themed challenges and signature events
- Vaccine clinics
- UW Benefits Fairs

Fitness and mindfulness training

- Yoga, cardio and strength conditioning
- Daily movement breaks
- Guided meditation and mindful resources

Self-paced programs

- Training programs
- Nutrition resources
- Healthy living resources

The Whole U website

- Health and wellness guidance
- Expert wellness articles

Discounts

- Over 300 listings
- UW Athletics deals

The Whole U YouTube

- 300+ recordings



UW WORKLIFE

Helping UW employees to balance life's demands.
Caregiving, housing and supports for your whole self, at and beyond work.



hr.uw.edu/worklife/

WorkLife helps employees navigate life's biggest moments.

Life doesn't stop when employees come to work. WorkLife connects employees with trusted resources and guidance.



SUPPORTING BEYOND THE WORKPLACE

- Parenting & family resources
- Caregiving support
- Housing resources
- Workplace flexibility
- Lactation spaces
- Washington Employee Assistance Program (WA EAP)

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UW WorkLife: Supporting The Whole Person

At UW, you are more than just an employee—you are a whole person with many facets that contribute to your overall well-being.

Caregiving

- Child care and caregiving resources
- Adult and elder caregiving consultation and support
- Onsite childcare centers
- Affiliate centers and back-up care programs

Life & Housing Needs

- Housing solutions for eligible employees

Well-Being & Emotional Health

- Employee Assistance Program (EAP) for personal, family, emotional, or life challenges

Manager & Team Support

- Guidance and resources to build supportive team environments

Pet Support

- Resources for balancing work and pet care

Tools & Guidance

- Toolkits (e.g., finding child care, planning for parental leave)
- Guides, events, and practical resources

Childcare at the UW

In addition to onsite care, UW partners regionally for a vast network of care.

6 on-campus childcare centers

- Dedicated to UW employees and students
- Below market tuition rates
- Located at Seattle campus, Harborview Medical Center and UWMC Northwest Hospital

KinderCare partnership benefits

- Priority access to 7 Puget Sound locations
- 10% discount at all KinderCare locations nationwide
- 10% discount at KinderCare Champions before and after school care

Bright Horizons partnership benefits

- Priority access at all centers
- 10% discount at partner centers
- **Backup care for children and adults (5 uses per year)**
- Right at School discount for before and after school
- **Free Sittercity membership**
- Discounted academic supports
- Summer camp and additional childcare discounts

UW WORKLIFE //

Employee Assistance Program: WA EAP

A confidential, short-term resource that supports employees and household members in navigating personal and work-related challenges that can impact well-being and performance.

Individual and relationship counseling

- Short-term, solutions focused counseling.
- 3 sessions per concern per household member.

In-the-moment crisis counseling

- 24/7/365 hotline

Supervisor and admin services

- Consultations for workplace issues
- Critical incident response

Robust support services

- Legal services and support
- Financial coaching and resources
- Discounts
- Care referrals
- Articles and guidance for work life support

UW WORKLIFE //



AWARDS & RECOGNITION

Celebrating the people who make UW exceptional and strengthening a sense of belonging.

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Celebrating excellence and recognizing talent

Recognition is one of the most meaningful ways we strengthen community, reinforce our values and celebrate the people who make the University of Washington exceptional.

From everyday appreciation to the University's highest honors, our recognition programs help employees feel valued, connected and inspired.

RECOGNITION AT UW

- Everyday appreciation resources
- Distinguished Staff Awards
- David B. Thorud Leadership Awards
- Service Awards





Recognition isn't just something we do. It's part of how we build a culture where employees know their contributions matter.

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