



# Mindful Campuses

## Final report

Date: \_\_\_\_\_

Name of institution: \_\_\_\_\_

Report author (name and email): \_\_\_\_\_

**Summary of activities and success of the program:**

## Mindful Campuses Building resilience facilitated session

Date of session(s): \_\_\_\_\_

Total number of students who attended the session(s): \_\_\_\_\_

Total number of staff and faculty who attended the session(s): \_\_\_\_\_

Number of participants who completed an evaluation\*: \_\_\_\_\_

\*Please add the results from your completed post-session surveys or evaluations below:

	% Yes	% No	% Somewhat
This workshop met my expectations			
I'd recommend this program			
I'll be able to immediately apply what I've learned to increase my well-being			
As a result of my participation, I plan to do something differently for my well-being			
My institution is committed to the well-being of its people, places and community			
I understand why well-being is important			

Additional comments about what was most helpful and ideas to improve the session:

**Please outline how you used the grant funds to improve the well-being of students, staff and faculty**

Activity/event and date/purchase	Grant money spent and impact on wellbeing	Number of participants		
		Students	Staff	Faculty

**Description of any other activities or events held during the week and number of participants**

Activity/event and date	Description	Number of participants		
		Students	Staff	Faculty

## Social media posts

Total number of posts across all platforms: \_\_\_\_\_

Combined total impressions (number of people who saw the posts): \_\_\_\_\_

Link to the video (30 seconds to 2 minutes in length): \_\_\_\_\_

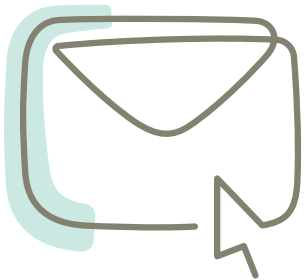
Type	Description	Date	#Likes	#Impressions
Twitter				
Facebook				

LinkedIn				
Instagram				
Other				

## Testimonials

Please provide at least 3 testimonials each from staff, students and faculty:

Activity and description	Response	Testimonial



We'd be pleased to receive any social media posts and photos of your events. Please include images of social media posts in a word document along with the platform it was posted on, the date it was posted, the social media handle for the account and the caption for the post.

Include this word document when you email your completed report to Sarah Jenner at [sarah@mindfulemployer.ca](mailto:sarah@mindfulemployer.ca).