



Workplace Strategies
for Mental Health



Mindful Campuses

Final report

Submit to sarah@mindfulemployer.ca by May 8, 2026.

Date: _____

Name of institution: _____

Report author (name and email): _____

Summary of workshops, activities, and success of the program:

Mindful campuses facilitated sessions:

Students

Date of workshop	Total number of attendees	Virtual or in-person?	Number of participants who completed an evaluation*

Staff/faculty

Date of session	Total number of attendees	Virtual or in-person?	Number of participants who completed an evaluation*

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

	% Yes	% No	% Somewhat
This workshop met my expectations			
I'd recommend this workshop			
I'll be able to immediately apply what I've learned.			
As a result of my participation, I plan to take positive action.			
My institution is committed to the well-being of its people, places and community			
I understand why psychological health and safety is important			

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

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

Testimonials

We'd love to hear testimonials about how the workshops and activities made possible by Mindful Campuses impacted participants. Please share them below:

Activity and description	Staff/student/faculty response	Testimonial



We'd be pleased to receive any social media posts and photos of your events.

Email your complete report to Sarah Jenner at sarah@mindfulemployer.ca.

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