



Workplace Strategies
for Mental Health



Mindful Campuses

Final report

Submit to sarah@mindfulemployer.ca by May 7, 2025.

Date: _____

Name of institution: _____

Report author: _____

Summary of activities and success of the program:

Mindful Campuses Building resilience facilitated session

Students

Date of session	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-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.