



Workplace Strategies  
for Mental Health



# 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): \_\_\_\_\_

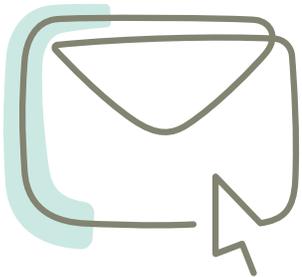
Type	Description	Date	#Likes	#Impressions
Twitter				
Facebook				

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