WELL Informational Session

Evelyn Cordero
Well-being Specialist
60 Second Arrival

Sit in a comfortable seated position and close your eyes (if you’d like to)

Take regular breaths, progressing to deeper and larger breaths

Focus on your breath as it travels through your body

Invite thoughts and mind chatter to float by and bring your focus back to breath

Deep Breathing Practice
Helping you thrive today and grow into tomorrow

I have resources for all dimensions of well-being. I am supported as a caregiver.

I feel motivated by my work, and connected to its broader purpose. I can see the impact of my contributions and service.

I have and can create leadership opportunities, no matter my role or title. Career growth is available to me.

My personal and professional growth never stops. It’s easy for me to integrate learning into my experience at Northwestern.
Resources Overview

Well-being  Engagement  Learning

Leadership
Well-being at NU

- Physical
- Emotional
- Social
- Intellectual
- Environmental
- Spiritual
- Vocational
- Financial
Well-being

» Your Daily
» Meditation
» Nutrition consultations
» Mental Health First Aid
» Wellness Grants
» Employee Assistance Program
Well-being

» Care.com
  › Subsidized back-up care

» Senior & Adult Caregiver Supports
  › Support group
  › 1:1 consultations

» Parenting Networks

» Childcare Support
  › Centers and schools
  › Illinois Action for Children
  › NU sitters and tutors network
Well-being

» MS Teams Channel
» 1:1 or team consults
» Mailing lists
› YourLife
› Northwestern Working Parents Network (NWPN)
» Wellness Champions
Engagement

» Length of service recognition
» Jean E. Shedd University Citizenship Award
» Performance excellence resources
» Alternative Working Strategies
» Staff survey
» Under development:
  › Recognition and well-being practices websites
  › Online recognition hub
Learning

» Learn From Where You Are updates
» LinkedIn Learning
» myHR Learn and playlists
» MOOCs (Massive Open Online Courses)
» Learning Intersections newsletter
Leadership

» **On-demand Learning** (myHR Learn, LinkedIn Learning, MOOCs)
» **Lead 4 Success**
» **Northwestern Emerging Leaders Program** (coming soon)
» **Manager Foundations**
» **Teams Manager’s Corner**
» **Managing the Employee Lifecycle** (on-demand videos)
» **Leading Change**
Questions
Contact Us

» wellbeing@northwestern.edu
» workplace-learning@northwestern.edu
» hremployeeerecognition@northwestern.edu
» askHR@northwestern.edu
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