Workplace Well-being Toolkit

Enable Your Employees to Bring Their Best Selves to Work ➡ Enable a High-Performing University

Well-being is Good Business

One of five Key Drivers of Engagement identified in the 2017 CUCSA Staff Engagement Survey, includes:

“My organization promotes an environment of physical, mental and social well-being.”

UC Davis earned a favorable score of 67 on responses to this statement.

When employees feel that their employer cares about their well-being, they’re 38% more engaged. (Limeade 2017)

Tools and Tips for Supervisors

- The Role of the Manager/Supervisor
- Creating Worklife Integration
- Creating a Healthy Work Environment
- Summary and Resources

When Work Works (SHRM 2016):

- Stress
- Healthcare and workers comp costs
- Absentee-ism and presentee-ism
- Turnover
- Morale
- Engagement
- Performance/productivity

UC Healthy Campus Network meets UC Davis Strategic Visioning:

Individual and community well-being is fundamental to organizational success.

Healthy UC Davis is championing a culture of health and well-being to answer Chancellor May’s two big questions “What will push us to fulfill our mission, and get us where we want to be?” and President Napolitano’s initiative to “make UC the healthiest place to work, live and learn.”