



UNIVERSITY OF MINNESOTA DULUTH SHIFT TO WELLBEING

Changing the Conversation



□ From

- Incentives
- Focus on Physical Health
- Traditional Risk Factors
- Employee health cost containment
- Return on Investment (ROI)

▶ To

- ▶ Wellbeing: Whole Person Focus- Body-Mind & Spirit
 - ▶ Health & Vitality
 - ▶ Financial Wellness
 - ▶ Work-Life harmony
 - ▶ Happiness
- ▶ Organizational health and performance
 - ▶ Purpose & Hope
 - ▶ Engagement

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Driven to Discover

Picarella, R. (2014, October). *A new world of wellness* [webinar]. Wellness Council of America (WELCOA). Omaha, NE.



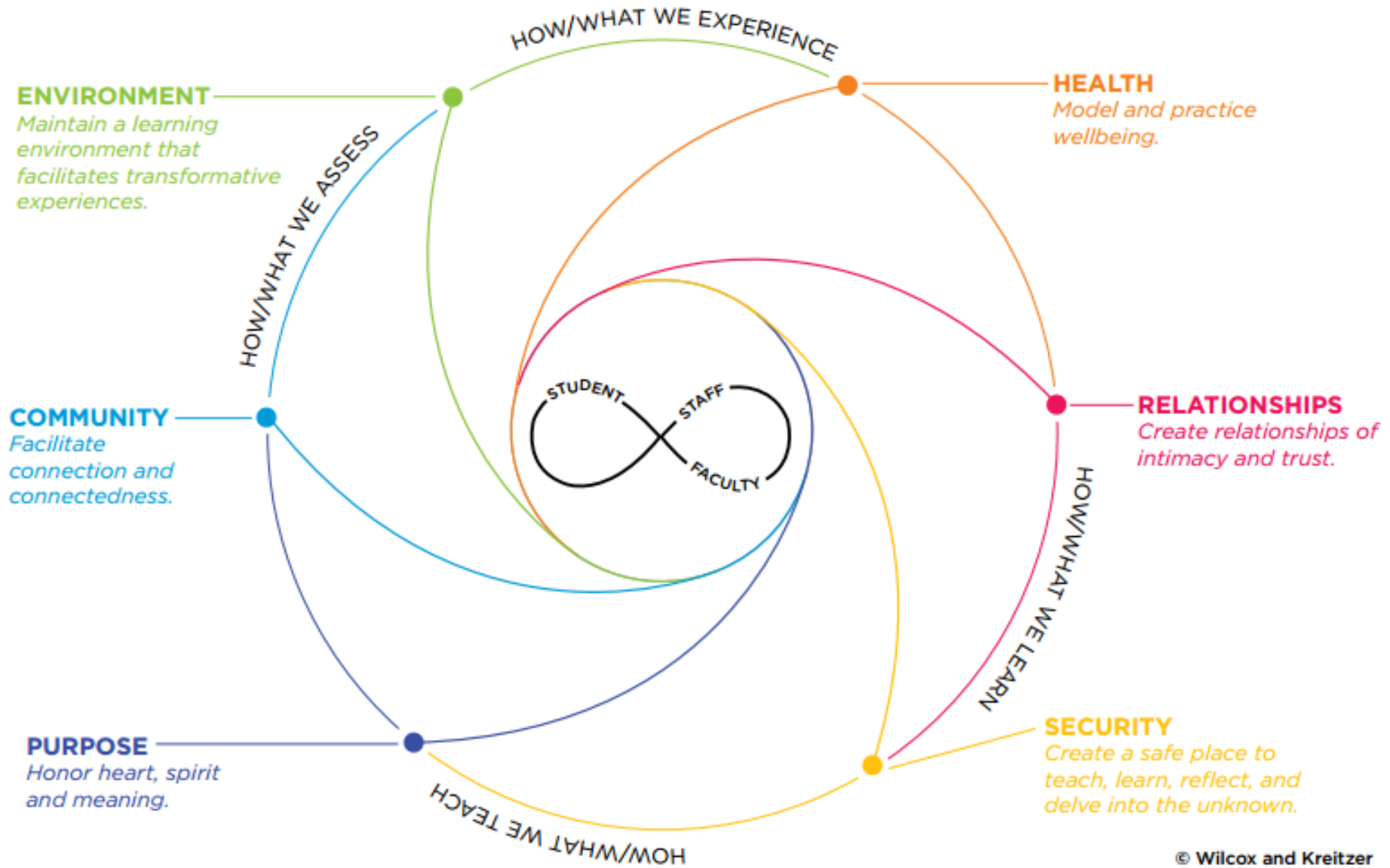
Our mission is to **collaborate** to cultivate a campus culture of wellbeing that **enhances the overall health and supports healthy choices** of people and the communities in which they learn, live, work, and play

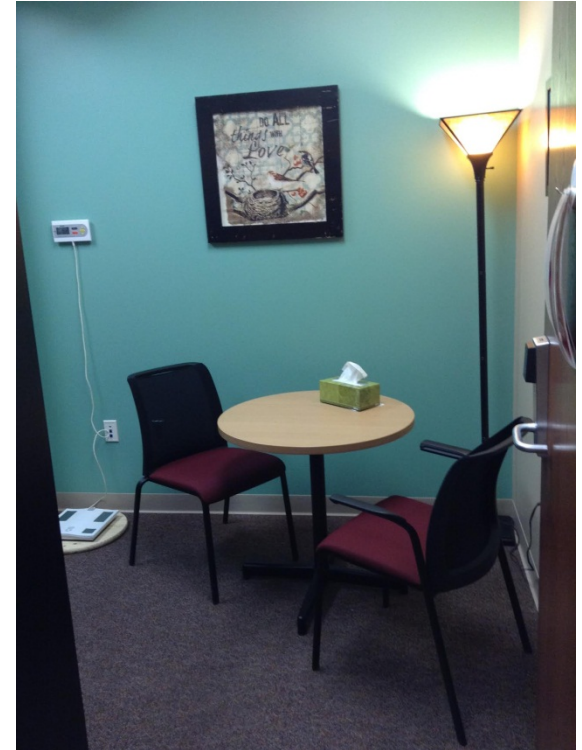
Wellbeing



CENTER FOR SPIRITUALITY & HEALING MODEL FOR TEACHING AND LEARNING

We are a community of teachers, learners, scholars, and practitioners committed to transformational experiences/learning.





Employee Health & Wellness Center



**“TELL ME
& I’ll forget;
SHOW ME
& I may remember;
INVOLVE ME
& I’ll learn.”**

-Benjamin Franklin

Find your path.
Enable self-discovery.
Create new thinking.

Question:



Is anything significant
ever accomplished alone?

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thank
you!



KEEP
CALM

AND

CALL YOUR
HEALTH COACH

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[UMD Employee
Wellness Program](#)

[Wellness
Collaborative Website](#)