



## High-Touch

In the moment, through personal 1:1 support

- Connected employees with:
  - Telemental health
  - Mindfulness coaching
  - [Financial counseling](#)
  - Telephonic health coaching
- Launched [Tess](#) mental health chatbot (AI)
- Created [COVID Wellness Partners](#) page for easy access to remote resources for 1:1 support
- Maintained direct email communications to all faculty/staff
- Provided “Facts Not Fear” Coronavirus Resource Guide



## Informative

Consolidated resources, ideas & best practices

- Created [HR telework](#) web page and resource hub to support all employees and management to transition to telework. Included [plan and agreement form](#) and [technology checklist](#)
- Developed [teleworking guidelines](#) for all remote workers – this included ongoing support resources. Ran as a 4-part series
- Provided telework considerations specific to [supervisors](#) and [employees](#)
- Vetted and compiled [virtual resources](#) to support employee health and well-being during COVID



## Community

Created virtual opportunities for employees to stay connected

- Transitioned [Gratitude Graffiti](#) initiative to interactive online boards
- *In It Together* [Recipe Collection](#)
- Live virtual workout and physical activity BINGO for [Get Fit Don't Sit](#)
- Live Faculty/Staff Total Body Toning classes delivered via Zoom every Tuesday and Thursday in partnership with Recreational Services
- Virtual yoga, active social hour, and photo challenge for the [Longest Day](#)
- Interactive Challenge focused on sleep hygiene and regular movement



## Engaging

Reaching employees with timely and engaging content

- Promoted timely IMPACT Solutions COVID-19 webinars
- 28-Day Challenge focused on cultivating a regular practice of gratitude
- Hosted webinars on several topics, including but not limited to:
  - Self-care
  - Managing multiple life roles
  - Financial wellness series
  - Developing an exercise plan
- Recorded sessions are on Blackboard
- Maintained weekly communications through targeted email, Fac/Staff News and FlashLine