

# 2019 ENGAGEMENT AND WELLNESS COMMITTEES

## **Healthy Workplace:**

McMaster has long had a very strong commitment to creating not only a brighter world, but a healthier world as well. In 2017, McMaster joined the Canadian Health Promoting Universities and Colleges Network by signing the Okanagan Charter, which is dedicated to advancing human and societal well being. McMaster's Healthy Workplace programs strive to advance the well being of all faculty and staff through the promotion of year round holistic wellness programming, including, but not limited to, physical health, psychological wellness, and work-life balance.

We are looking for volunteers interested in Physical, Psychological, Nutritional, and/or Sustainable Wellness!

## **United Way Campaign**

McMaster University has demonstrated on many occasions that community engagement and service to the public good are core organizational priorities. In fact, Community Engagement is one of the four pillars of the Forward with Integrity strategy. The McMaster United Way Campaign provides an opportunity for employees to actively participate through fundraising initiatives such as the Pull4Mac Bus Pull, Online Auction and personal donations; all while becoming more engaged in supporting the needs of our local community.

We are looking for volunteers interested in marketing and special event management!

## **Take Our Kids to Work Day**

The Take Our Kids to Work Day program builds on the commitment of building a Brighter World by taking a collaborative approach to cultivate the learning potential of incoming Grade 9 students. Through hands on breakout sessions, students are given the opportunity to participate in a variety of interactive campus tours, as well as a sample lecture, to best provide them with an example of a "Day in the Life of a McMaster Student." The program also provides opportunities for students who may not otherwise have a chance to visit the University, through community partnerships with Pathways to Education.

We are looking for volunteers interested in student engagement and special event management!



## **McMaster Children's Party**

McMaster University is committed to fostering an inclusive community by providing families of McMaster employees with the opportunity to gather together. At the annual McMaster Children's Party, we build a greater awareness and understanding of each other's cultures by celebrating the diversity of our children and holiday celebrations.

We are looking for volunteers interested in community engagement, marketing, special event management, and logistics!

## **Inspiring from Within**

The annual Inspiring from Within Employee Development Conference strengthens and encourages the career and personal growth of McMaster employees by exploring ideas, suggestions and strategies. The annual conference offers employees the opportunity for professional development, networking with colleagues, and a chance to support their personal well-being.

We are looking for volunteers interested in logistics, marketing, and donor relations!

## **ConnectME**

The ConnectME initiatives give McMaster employees and their families the chance to grow their university network through the cultivation of innovative and exemplary programming. These initiatives will ultimately provide faculty and staff with the opportunity to enhance connections between themselves and the greater McMaster community, while promoting work-life balance and personal engagement as key priorities.

We are looking for volunteers interested in community engagement!

