



# Wellness@Work Grant Program

## 2025 Application Questions

The following Wellness@Work Grant Application questions are for proposed initiative planned and implemented on the Guelph Campus, Ridgetown Campus and Research Stations.

**Thank you for your interest in the Wellness@Work Grant Program.**

**Before You Get Started:**

- Review the application questions
- Explore the list of wellness program options that are available to select and determine through a needs assessment which is best for your group
- Seek supervisor approval to apply and consider how you will apply the assessment to your professional growth and development.

If you have questions email Isidora Nežić, *Wellness@Work Advisor*, at [nezici@uoguelph.ca](mailto:nezici@uoguelph.ca)

### APPLICANT INFORMATION

Q: Affiliated Location

Guelph Campus

Ridgetown Campus

University of Guelph-Humber

Research Station (please specify)

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Q: Department / Program / Group Name (in full, no abbreviations)

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Q: Primary Applicant Name (Main Contact Person)

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Q: Primary Applicant Job Title

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Q: Primary Applicant Work Email Address

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Q: Primary Applicant Work Phone Number

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Q Secondary Contact Name (back-up in case applicant is unavailable)

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Q Secondary Contact Work email

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Q Please select the wellness program your department/program would like to run. Maximum amounts are listed for each program.

- Arboretum Activity/Workshop (\$500)
  - Art and Creative Expression (\$500)
  - Bike Share (\$1000)
  - Community Garden (\$2000)
  - Cross-Campus Collaboration (\$3000)
  - Employee Wellness Retreat (\$3000)
  - Learning & Development Training (\$2000)
  - Individual Professional Development Assessment (\$385)
  - Mental Health Training (\$3000)
  - Nutrition and Healthy Eating (\$2500)
  - Team Health Challenge (\$2500)
  - Yoga or Fitness Classes (\$1000)
  - Innovative New Idea (please specify)
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Q: In partnership with Learning & Development, Wellness@Work is excited to now offer grant applicants the opportunity to submit individual applications to receive funding for assessments that support their professional growth and development. Learn more about eligible assessments.

Associated costs are included in brackets with the listed assessments. Your department will be required to provide upfront costs that will be paid to L&D for cost recovery of assessment administration, including a debrief.

**Which assessment would you like to apply for?**

- Firo-B Profile (\$75)
- Kolb Experiential Learning Profile (\$65)
- LPI 360 (\$385)
- Strength Deployment Inventory 2.0 (\$310)
- WE-I (Emotional Intelligence) (\$175)

Q: How many employees do you supervise?

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Q: How did you determine that this is the best assessment for your professional growth and development? Include what the needs might be in your role and possibly your unit or department.

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Q Share what impact completing the assessment will have on your professional growth and development at U of G. This can include the benefit to yourself, your team, your unit, and/or the University.

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**LEADER ENDORSEMENT**

Q Is your direct supervisor aware and has approved your proposed grant application?

Yes ((include your supervisor's email below))

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Q: Incomplete applications will not be reviewed. Have you confirmed all questions are answered?

Yes

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Q: Please click the red arrow button in the bottom right corner to submit your application. You will receive a confirmation email of your submitted application.

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