



Wellness@Work Grant Program University of Guelph-Humber Stream

2025 Application Questions

The following Wellness@Work Grant Application questions are for proposed initiative that are planned and implemented at Guelph-Humber's campus in Toronto.

Thank you for your interest in the University of Guelph-Humber stream of 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 the approval of your supervisor/Department Head/Program Head to apply and ask how they will help sustain the program

If you have questions email Isidora Nežić, Wellness@Work Advisor at U of G, at nezici@uoguelph.ca or Sara Rumsey, Manager of Planning and Strategic Initiatives at Guelph-Humber, at sara.rumsey@guelphhumber.ca.

Q4 APPLICANT INFORMATION

Q1 Affiliated Location

- Guelph Campus
 - Ridgetown Campus
 - University of Guelph-Humber
 - Research Station (please specify)
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Q2 Department / Program / Group Name (in full, no abbreviations)

Q4 Primary Applicant Name (Main Contact Person)

Q5 Primary Applicant Job Title

Q6 Primary Applicant Work Email Address

Q7 Primary Applicant Work Phone Number

Q8 Secondary Contact Name (back-up in case applicant is unavailable)

Q9 Secondary Contact Work email



Q11 PROGRAM SELECTION & BUDGET

Q10 Did your department / group / program receive Wellness@Work funding for a grant program last year? **New funding requests will be prioritized, as the intention is to have sustainable programs.**

- Yes
 - No
 - Unsure
-



Q11 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)
 - 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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Q12 BUDGET

Please indicate how the grant money would be allocated (up to the maximum amount listed for your program of choice). Included in each budget item is quantity and any description is required. The right column is grant money being requested

Review the [Grant Application Overview PDF](#) (page 2) to review the maximum amounts available for certain budget lines (i.e. food, promotional materials, prizes, etc.).

For example:

Community Garden
2 Costco Garden Trugs 500
6 bags of soil 100
Watering can & gardening tools 200
Plants and/or vegetable seeds 300
Promotional materials to recruit volunteers 200
Garden launch event with Hospitality refreshments 200
TOTAL amount requested 1500

1. : _____
2. : _____
3. : _____
4. : _____
5. : _____
6. : _____
7. : _____
8. : _____
Total : _____

PROGRAM OVERVIEW

Q13 Please briefly describe your proposed program and outline the goals.

Q14 How often and for how long will your program run? (i.e. one class/week for 12 weeks starting in September).

Q15 How many staff and/or faculty will have the opportunity and are anticipated to participate?

PROGRAM ALIGNMENT

Q16 Health and wellness are multidimensional, and programs can support physical and/or mental and/or social well-being. The interconnected nature of these aspects can be seen. One aspect is not more important than another because of this interconnection and all impact the other dimensions of our self. It is important that the University of Guelph-Humber continues to advance wellness within our community.



Please describe how your proposed program aligns with workplace wellness at Guelph-Humber. Include considerations related to how your proposed program exemplifies shared responsibility for workplace wellness, is intentional in its planning and potential outcomes, and/or helps to build community at Guelph-Humber.

Q18 What are the anticipated health and/or wellbeing benefits of your program or idea? Why would participants in your department/group or unit benefit from the proposed initiative?

Q19 **NEEDS ASSESSMENT & EVALUATION**

Q19 What type of needs assessment or consultation has been done to verify interest in this program?

- Survey or poll
 - Team discussion or brainstorming
 - Literature review
 - Direct observation
 - Focus group or interviews
 - Other (please describe)
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Q20 How did you determine that this is the best initiative for your staff / faculty / instructors' well-being needs? Please explain.

Q21 How will you evaluate the success of your initiative? What will success look like?



Q23 PROGRAM SUSTAINABILITY

Q22

This funding is intended to be one time seed funding. Please describe commitments/efforts to ensure ongoing support for this program after the funding has been used.

Examples include embedding new wellness practices into departmental/program culture moving forward, revenue generating ideas, commitment from leaders to match/co-fund the program, ideas for how to keep health promoting programs alive, etc.

Q23 Would you be willing to share your program offerings more broadly with the Guelph-Humber and U of G communities?



Q33 LEADER ENDORSEMENT

Q24 Please ask your Supervisor/Department Head/Program Head to share how they plan on supporting this program and ensuring its sustainability moving forward.

How will they help embed this into your departmental culture?

This can be emailed separately if required to wellnessatwork@uoguelph.ca.

Q25 Supervisor Name

Q26 Supervisor Title

Q27 Supervisor Email Address



Q28 Incomplete applications will not be reviewed. Have you confirmed all questions are answered?

Yes

Q29 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.