

Cultivating Campus Health & Wellness — Team Activity

Purpose: Build a shared vision, assess your current culture, identify resources + stakeholders, and outline next steps toward a realistic implementation plan.

Instructions: Work as a table team. Answer honestly. This is not a “grading exercise”—it’s a clarity exercise.

1) Personal Reflection (Vulnerable + Humble)

Prompt: *Do I truly believe campus wellness is important enough to champion?*

Circle one: **Yes / Somewhat / Not yet**

Why? (1–2 sentences):

What resistance do I feel (if any)? (time, budget, skepticism, overload, “we already do this,” etc.)

What would convince me? (data, testimony, outcomes, board buy-in, student demand, spiritual alignment, etc.)

2) Culture Check: Do We Have Wellness “For All”?

Prompt: *Do we currently have a culture of wellness for all—students and staff—beyond athletics?*

Rate your campus today (circle one):

1 (Not really) — 2 — 3 — 4 — 5 (Yes, it’s our ethos)

Consider each group:

On-campus students: What supports exist? What's missing?

- Strengths: _____
- Gaps: _____

Off-campus / commuter / online students: What supports exist? What's missing?

- Strengths: _____
- Gaps: _____

Staff / faculty: What supports exist? What's missing?

- Strengths: _____
- Gaps: _____

One sentence summary:

"Our campus wellness culture is currently best described as..."

3) Resource Check (What We Have vs What We Need)

Prompt: *What do we already have that can support implementation and new program development—and what do we need?*

What we already have (assets to leverage)

Check all that apply and write specifics:

- ☐ Existing wellness initiatives/programs: _____
- ☐ Student Health / Counseling resources: _____
- ☐ Campus Rec / fitness facilities: _____
- ☐ Spiritual formation rhythms (chapel, small groups, etc.): _____
- ☐ Communication channels (LMS, email cadence, orientation): _____
- ☐ Student leaders / peer mentors: _____
- ☐ Staff development structures: _____
- ☐ Budget line(s) or funding access: _____
- ☐ Technology platform(s) already used: _____
- ☐ Other: _____

What we need (to make it sustainable)

- ☐ Clear ownership / champion
- ☐ Implementation toolkit + calendar
- ☐ Content + structure for consistent touchpoints
- ☐ Measurement / feedback loop
- ☐ Funding model (offset / pass-through / sponsor / donor / grant)
- ☐ Staff culture strategy
- ☐ Vendor partner support (optional)
- ☐ Other: _____

Top 3 needs (priority order):

1. _____ 2) _____ 3) _____

4) Stakeholder Map: Who Must Be Engaged?

Prompt: *Who are the internal stakeholders we must engage, champion, and/or convince?*

Decision makers (must approve)

- ☐ President / Cabinet / Provost
- ☐ CFO / Finance leadership
- ☐ Student Life leadership
- ☐ Board / Trustees (if applicable)

Names/titles: _____

Implementation owners (must run it)

- ☐ Student Development / Student Success
- ☐ Student Health / Counseling
- ☐ Campus Rec / Fitness
- ☐ Spiritual Life / Chapel leadership
- ☐ Residence Life
- ☐ Academic leadership / Faculty champions
- ☐ Marketing / Communications
- ☐ IT / LMS support

Names/titles: _____

Culture champions (make it stick)

- ☐ Student leaders / SGA
- ☐ RAs / peer mentors
- ☐ Coaches / athletic leadership

- ☐ Influential faculty/staff
- ☐ Campus ministry leaders

Names/titles: _____

Who is most important to win first (and why)?

5) Financial Model Options (Quick Brainstorm)

Prompt: *How could we fund and sustain this?* (circle all that could apply)

A) ☐ Pass-through wellness access fee (small per student)

B) ☐ Offset using existing budget line(s)

C) ☐ Donor / sponsor / grant-supported

D) ☐ Included within student fees / services

E) ☐ Staff benefit add-on (HR/benefits strategy)

F) ☐ Hybrid model

Most realistic starting point for our campus:

Homework: Next Steps (Implementation Plan Starter)

6) Implementation Plan (Not One Person's Lift)

Prompt: *This should not be one person's lift — but it must have clear leadership.*

A) Leadership + Structure

Executive sponsor (title): _____

Program owner (title): _____

Core team members (titles):

1. _____ 2) _____ 3) _____ 4) _____

B) First 90-Day Plan (high-level)

Lead focus (circle one): Nourishment / Fitness / Mental Wellness / Financial Wellness

Supporting focus: _____

Daily touchpoint (2 minutes): _____

Weekly rhythm (20–30 min): _____

Monthly anchor (60 min): _____

C) 7-Day Next Steps (Realistic + Actionable)

Within the next 7 days, we will:

1. _____
2. _____
3. _____

Date we will meet again to review progress: _____

“Our goal is not perfect wellness—it’s faithful stewardship, practiced consistently, with Christ at the center.”
