

Wildcats

Thrive:

Sustaining
energy in our
challenging work
environments

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**WILDCATS
THRIVE
INITIATIVE**

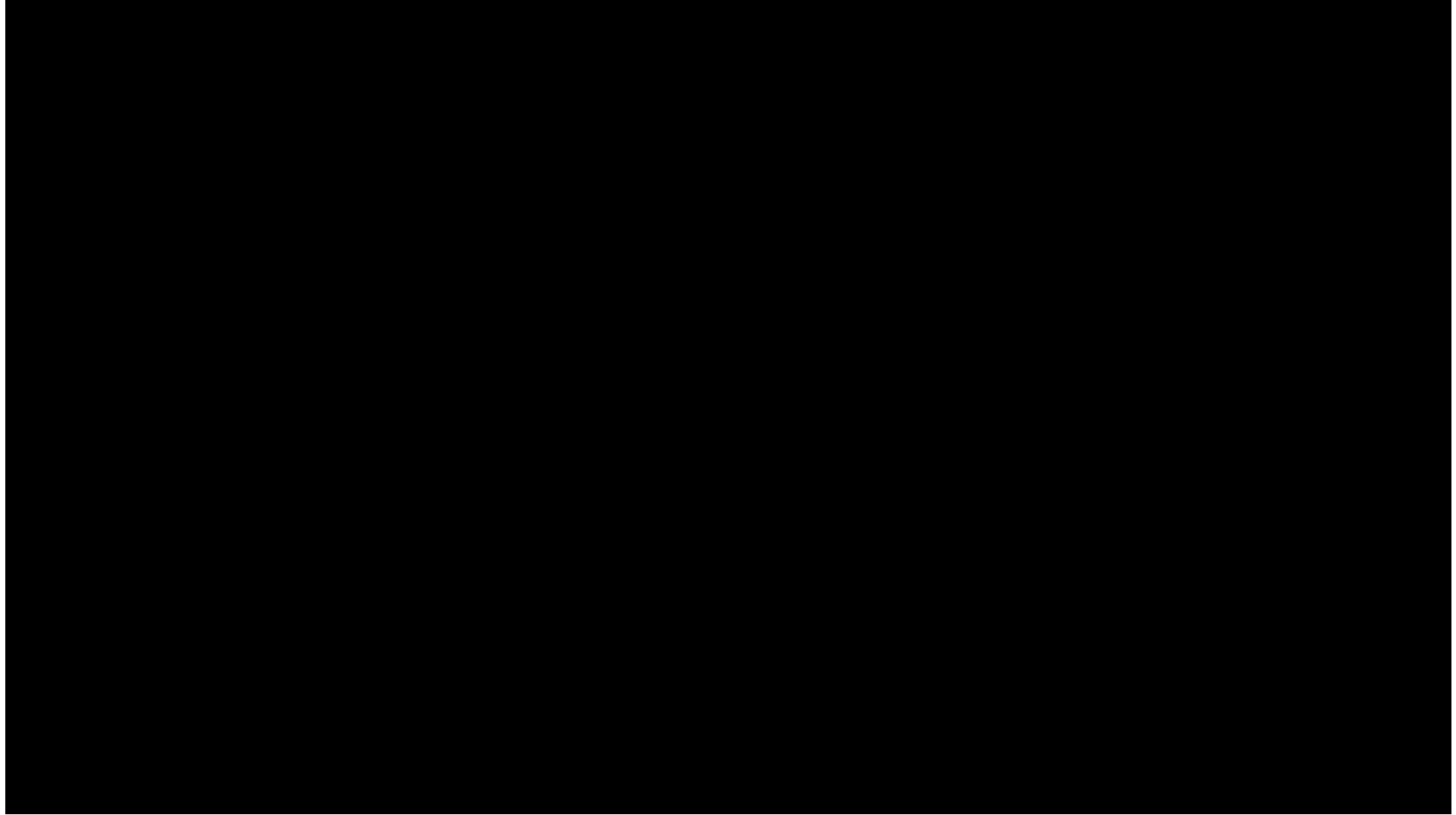
Intentions for today

- Share Wildcats Thrive Mission and Vision
- Discuss holistic frameworks that focus on holistic wellbeing
- Engage in a dialogue surrounding holistic practices in the workplace





Healing Centered Engagement- Shawn Ginwright, PhD



Wildcats Thrive

strives to cultivate a culture of holistic wellbeing through multidivisional collaborations.



- Emotional
- Relational
- Intellectual
- Spiritual
- Physical
- Vocational
- Environmental
- Financial

Dreaming without limitation, what a workplace where you are supported and valued look like?



Questions to consider...



- What would you need?
- How would you measure support and value?
- What systemic changes vs. individual changes could be made?

Panel Discussion





Why are you engaging in Wildcats Thrive?



**What tangible strategies have you used to promote wellbeing
in your departments?**

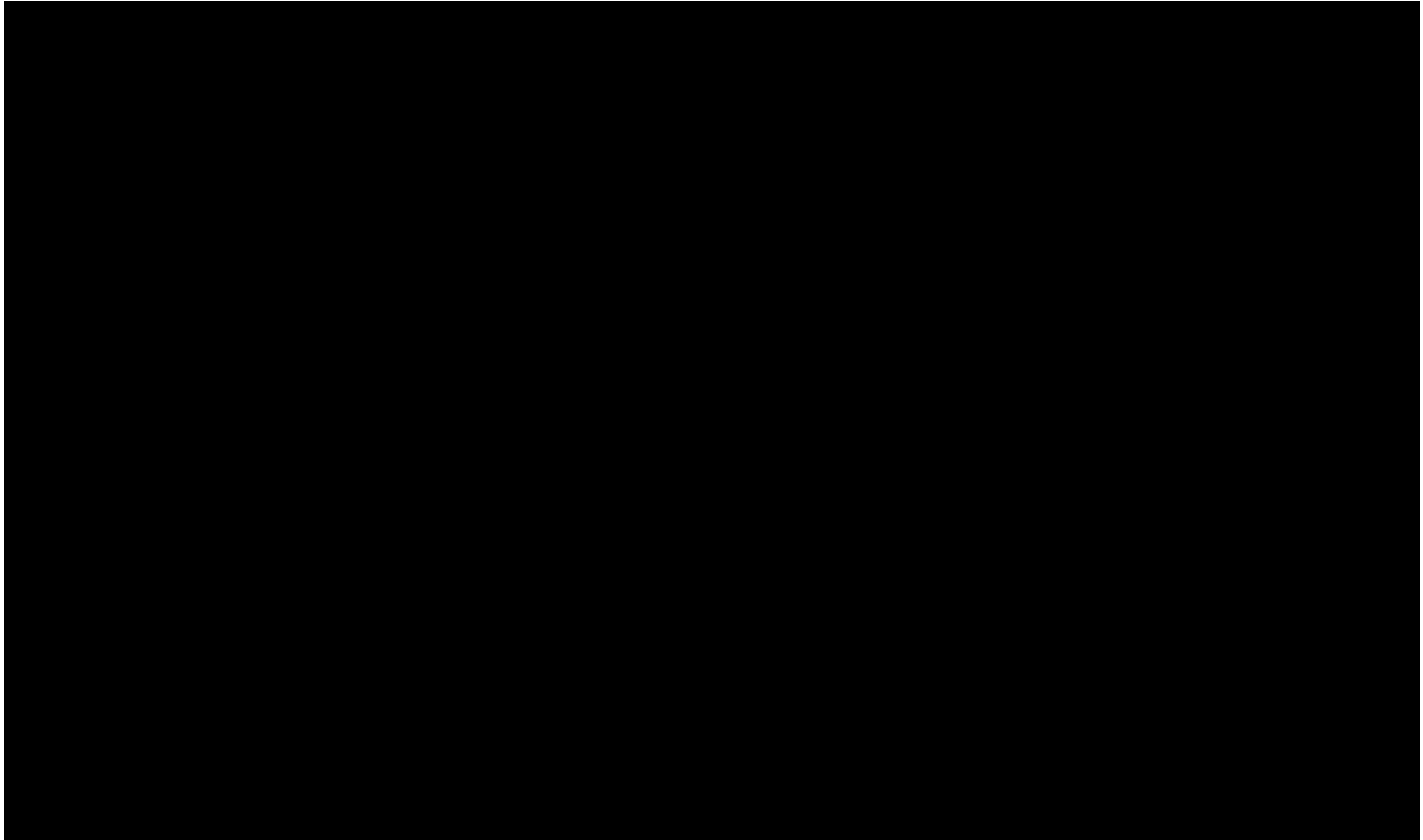


What challenges have you faced in promoting wellbeing in your department? Are those challenges worth it?



What ‘wins’ have you experienced by promoting and prioritizing wellbeing in your departments?

Why Wildcats Thrive?





WILDCATS THRIVE INITIATIVE

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