

Paws Up for Workplace Wellness and Engagement: Environmental Wellness and Sustainability

Working Remote Series

Thursday, April 29, 2021
3:00 p.m. – 3:45 p.m.

Sharon Krueger, Director of Administrative Operations - Office of Human Resources
Jen Ruby, Manager – Wallace All Faiths Chapel



“Paws Up for Workplace Wellness and Engagement Series” Team

About the Committee that brought you this series:



Jill Borland
Director, Sponsored Projects Services



Anali Makoui, Director, Strategic
Communication and Assessment,
Human Resources



Michelle Sypinero, Director, Client Services,
Information Systems and Technology



Martha Castrejon,
Talent Specialist, Human Resources



Jen Ruby, Manager,
Fish Interfaith Center



Rachael Martin, Assistant Vice President,
Talent Management, Human Resources



Sharon Krueger, Director, Administrative
Operations, Human Resources



Margaret Olano, Assistant Director,
Operations,
Schmid College of Science and Technology



Jay Kumar, Director of Contemplative Practices
and Wellbeing for the Fish Interfaith Center

- Tim Frenchcampbell, Wellness and Leave Administration Specialist for Human Resources
- Amy Stevens, Director of Public Relations for Strategic Marketing and Communications
- Joseph Anderson, IS&T Client Services/Media Technician



Eight Dimensions of Workplace Wellness & Engagement



MENTAL HEALTH »



SPIRITUAL HEALTH »



FINANCIAL HEALTH »



PHYSICAL HEALTH »



SOCIAL HEALTH »



INTELLECTUAL WELLNESS »



ENVIRONMENTAL
WELLNESS »



OCCUPATIONAL
WELLNESS »

Learning Objectives

- **Learn** about the sustainability resources Chapman has
- **Engage** in events offered by the Office of Sustainability in order to learn more about sustainable practices and current sustainable issues on our campus and beyond
- **Find** ways to incorporate more sustainable practices into your work and personal life
- **Understand** how you play a key role in helping Chapman University achieve its sustainability goals



Chapman's Office of Sustainability

- a. Sustainability Pledge
- b. Sustainability Survey
- c. Green Office Certification Program
- d. Community Garden
- e. Sustainability Policy



Mackenzie Crigger
Energy Conservation and
Sustainability Manager

Learn more about Chapman's commitment to sustainability at chapman.edu/sustainability

“Environmental Wellness and Sustainability” Opportunity Drawing

LET’S HAVE FUN

LET’S THRIVE TOGETHER



**CHAPMAN
UNIVERSITY**

Thank you for joining us!

Reminder:

- Continue to visit the [Paws Up for Workplace Wellness and Engagement](#) website for information on this series.
- If you won a prize, please email Sharon Krueger krueger@chapman.edu with your home address and to discuss possible pick up/delivery options.

Join us for our next program:

- **Mental Health Awareness**
- Facilitated by Jay Kumar & Michelle Sypinero on Friday, May 21, 3:00 p.m. – 3:45 p.m.



Paws Up for Workplace Wellness and Environmental Wellness and Sustainability

Today's program has ended.

Join us next time for
Mental Health

Friday, May 21

3 p.m. – 3:45 p.m. PT