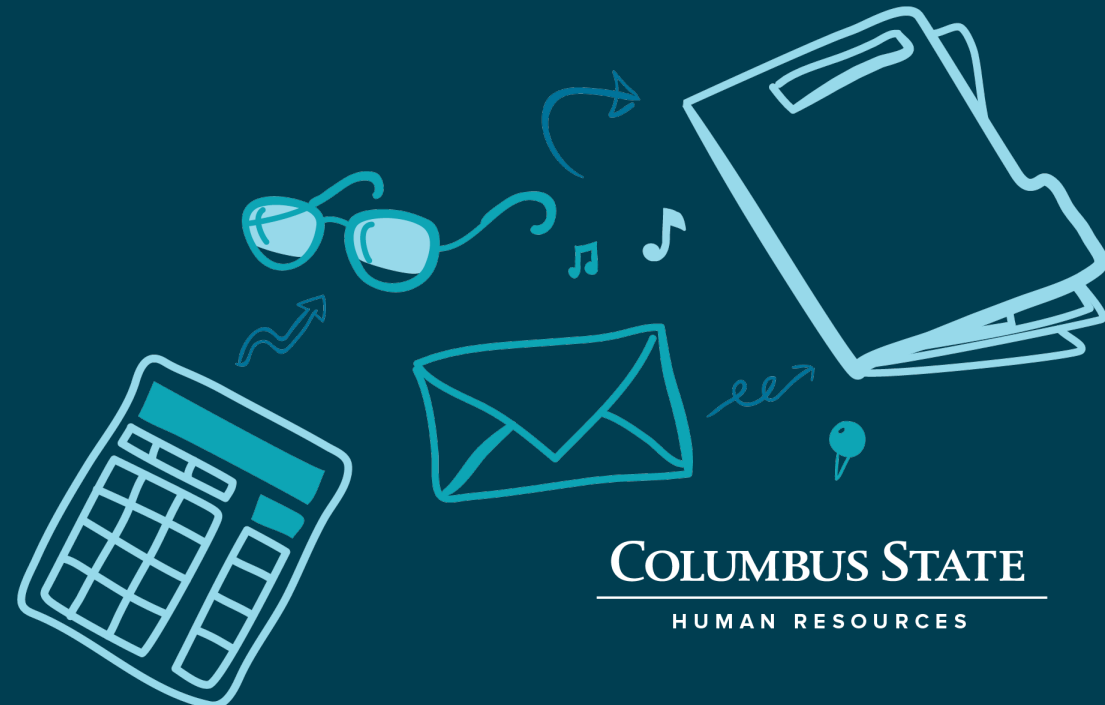


Wellbeing Overview

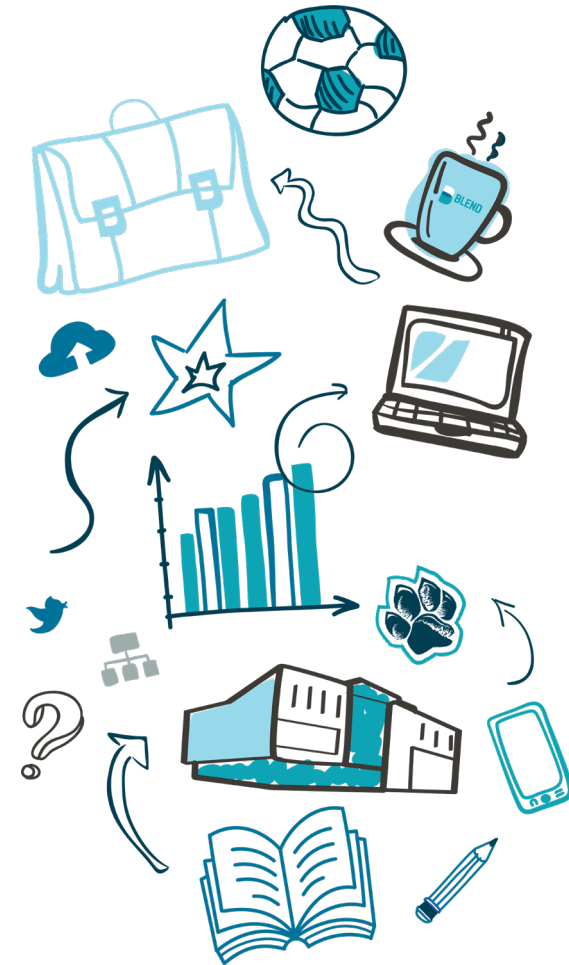
Columbus State Community College

Staff, Administration & Faculty
AU 2024



Wellbeing Essentials

- What is Wellbeing?
- Our wellbeing mission
- Our Wellbeing Partners?
- Getting Socially Connected
- Learning & Professional Development
- Staying in Touch

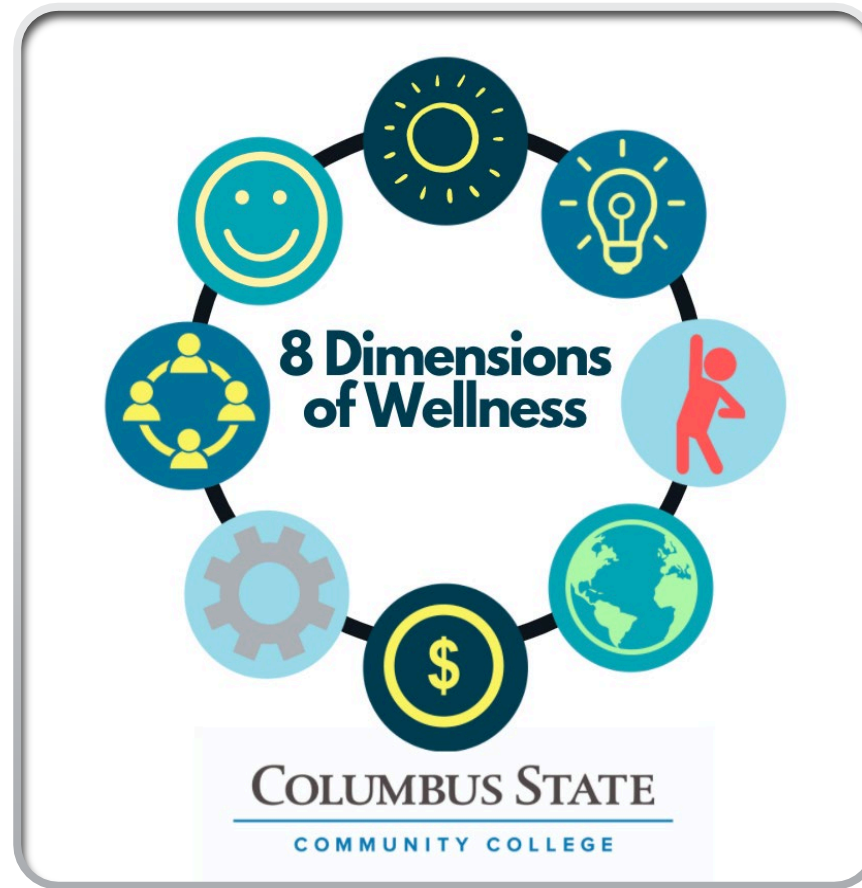


What is Wellbeing?

Wellbeing is a broad, holistic concept that includes being healthy in many dimensions of our lives. These dimensions include:

**Emotional, Financial, Social, Spiritual, Physical,
Occupational, Intellectual and Environmental**

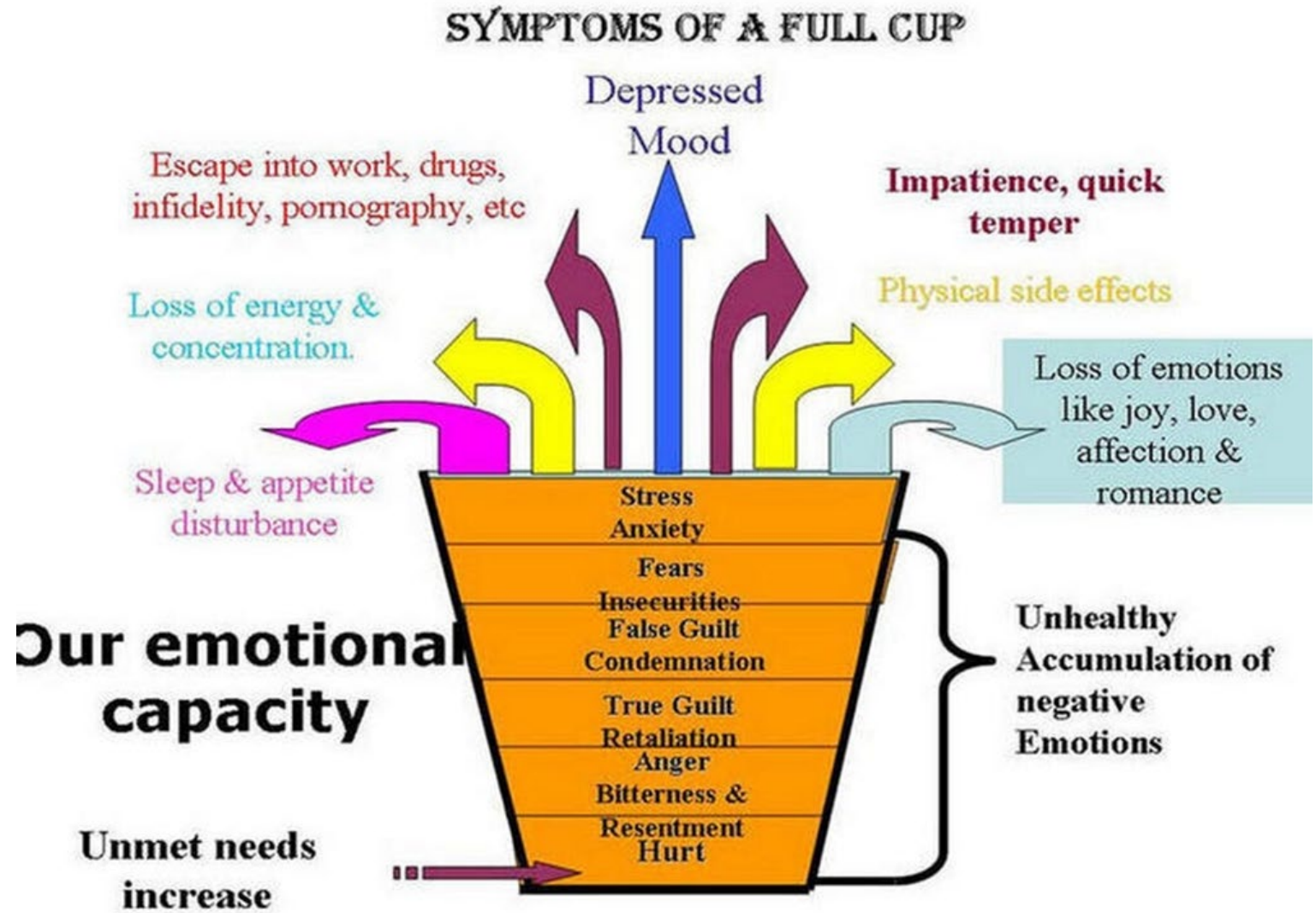
Wellbeing @ CSCC



- Emotional
- Financial
- Social
- Spiritual
- Physical
- Occupational
- Intellectual
- Environmental

[Well-Being | Columbus State Community College \(csc.edu\)](http://csc.edu)

Emotional Capacity Theory



Wellbeing Mission

To improve the health and wellbeing of the Columbus State community through:

- Increasing employee awareness and education about current best practices within health and wellbeing.
- Offering diverse services and resources that encompass the eight dimensions of wellness: **emotional, environmental, financial, intellectual, occupational, physical, social and spiritual.**
- Offering behavior change programs and support systems that enable individuals to make healthier lifestyle choices and maintain healthy lifestyle changes.
- Ensuring that opportunities to improve the health and wellbeing culture of Columbus State are accessible and applicable to all members of our College community.

Wellbeing Partners



AccelWELL
Inspire Purpose • Drive Performance

M A T R I X



CancerBridge



AccelWELL

- Health Coaching & Meal Planning with Dietician/Health Coach
- Stress Management & Work-Life Balance Workshops
- Getting More Movement into your Day
- Diabetes Awareness & Support
- Monthly Challenges (with prizes!)
- Setting Goals & Staying Motivated
- Download the App - [The AccelWELL Solution](#)



[Monthly Wellbeing Newsletters Archive Link](#)

Employee Assistance Program/Matrix



- Counseling, financial and legal support – virtual and in-person.
- **Full-time** employees, their spouses and/or dependent children access 8 sessions per year for concern/issue.
- **Part-time** employees access 3 sessions per year per concern/issue.

MATRIX

2 Easton Oval, Ste. 450

Columbus, OH 43219

614-475-9500/1-800-886-1171

www.matrixpsych.com

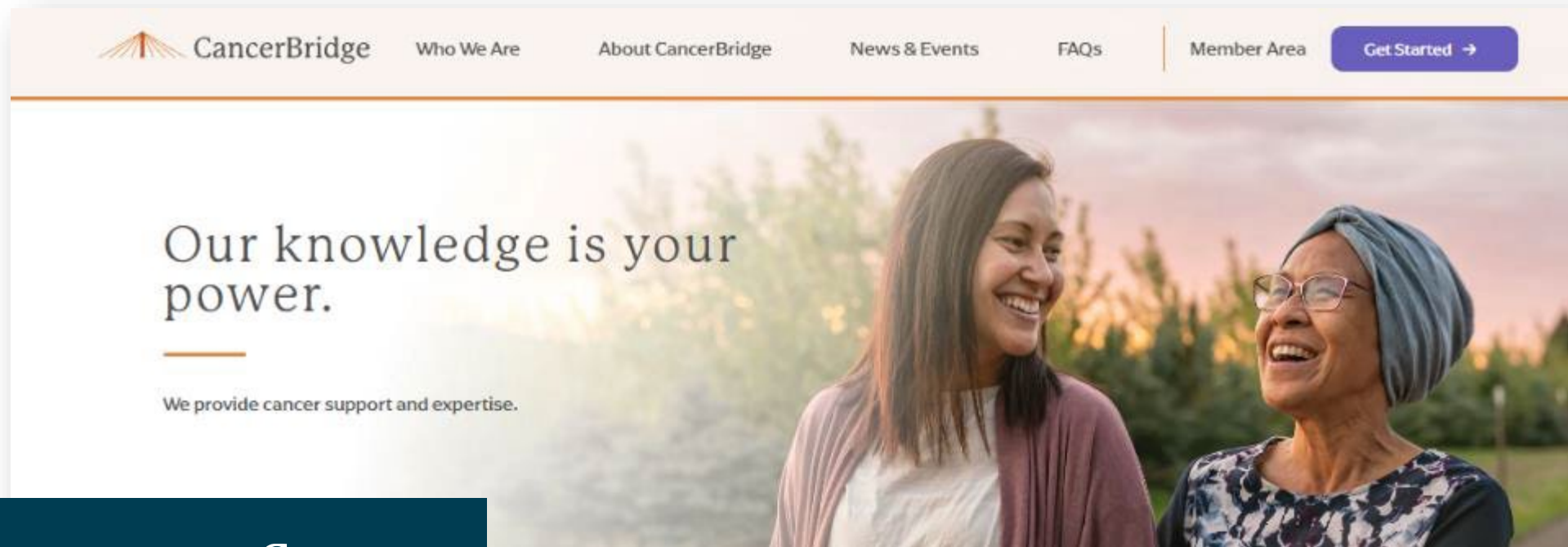
COLUMBUS STATE

HUMAN RESOURCES

CancerBridge

CancerBridge provides information specific to your cancer inquiry, expert cancer navigation, and insights into treatment options.

For assistance call toll-free 855-366-7700 or go to www.cancerbridge.com



Financial Resources



Seminars, online tools, financial coaching
[Columbus State Community College \(bmifcu.org\)](http://bmifcu.org)



<https://www.pnc.com/insights/personal-finance.html>



Seminars, quarterly financial check-ups
[Group Insurance Well-being Hub \(on24.com\)](http://on24.com)

Get Socially Connected

- Committee Work, Mentoring, Mid-Ohio Market
- Staff Advisory Council (SAC)
- Employee Resource Groups
- Taste the Future – **August 13, 2024**
- Annual Day of Service - **October 1, 2024**
- May & December Graduation Ceremonies
- Cougar 5k – **May**

[Get Involved | Columbus State Community College \(csc.edu\)](https://www.csc.edu)



Learning & Professional Development

- Organizational Development & People Analytics
[Professional Development | Columbus State Community College \(csc.edu\)](#)
- LinkedIn Learning
[LinkedIn Learning | Columbus State Community College \(csc.edu\)](#)
- Tuition Reimbursement & Fee Waivers
[Professional Development | Columbus State Community College \(csc.edu\)](#)
- Cougar Connect
[Explore - CougarConnect \(csc.edu\)](#)
- Spring In-Service & Fall Convocation



Stay Connected with Wellbeing

- **Wellbeing Monthly Newsletters**
[Well-Being | Columbus State Community College \(csc.edu\)](https://www.csc.edu/well-being)
- Join **“Cougars Living Well”** group on Microsoft Teams
 - ✓ Log into Teams
 - ✓ Click “Join or create a team”
 - ✓ Search for “Cougars Living Well”
 - ✓ Click “Join Team”

Questions?

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You support student success.

WE SUPPORT *YOUR* SUCCESS.



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HUMAN RESOURCES