JOINING THE WAKE FOREST FAMILY

Penny Rue, Ph.D., Vice President for Campus Life
Vice President for Campus Life

- The voice of students at the Cabinet
- Student well-being and safety
- Student engagement and ownership
- Education outside the classroom
- Campus climate and community
- Strategic leadership for student life departments
My journey to this special place
Student well-being hurdles
Student well-being strategies

- EAT. SLEEP. EXERCISE
  nothin' else matters

- UC San Diego NAP-IN
Balance and resilience
Human beings, not human doings
Faculty Fellows Program
We plan to Thrive!

*Thrive* empowers Wake Forest faculty, staff and students to live in alignment with the eight dimensions of wellbeing: physical, spiritual, social, intellectual, emotional, occupational, environmental and financial.

Wellbeing is not the *absence* of disease, illness and stress but the *presence* of purpose, joyful relationships and healthy habits. Wellbeing is intentional.
How will we know?

1) Subjective Well-Being
2) Meaning and Purpose
3) Belongingness
4) Commitment to Others/ Identification with All Humanity
5) Grit/Perseverance
6) Passion/Zest
Before and After
A Well-being hub

you're only ONE WORKOUT away from a GOOD MOOD

zonestip#53
Life begins at the end of your comfort zone
What’s next?

THE SKY’s THE LIMIT