

Wellness & Work/Life at the University at Buffalo

The Value of Partnerships



Today's Presentation Will Cover

- HISTORY
- PARTNERSHIPS
 - CAMPUS
 - CORPORATE
- RECOGNITION
- WORK/LIFE - CREATING A GREAT WORK PLACE
- WHAT ARE YOUR CHALLENGES?



History

- Founded in 2008
- New focus on employee services
- 3 FTE's



Areas of Responsibility



Employee
Wellness

Work/Life
Balance
Initiatives



Employee
Discount Program



Employee
Volunteer Efforts



This presentation will
cover wellness &
work/life initiatives



Employee Wellness Programs

- Exercise is Medicine
- Smoking Cessation
- Stress Management

Developed through
on-campus
partnerships

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- Eat Well Live Well
 - Wellness Awareness Day

Developed
through
corporate
partnerships



Exercise is Medicine

- School of Public Health
- Pre and post testing
- Maintenance phase



Smoking Cessation

- Student Wellness Services
- Offering faculty/staff
 - Weekly quit clinics
 - Quit coaching
 - Plan your quit workshops



Stress Management

- Employee Assistance Program (EAP)
- Stress management
- Referrals



Eat Well Live Well

- Wegman's (local supermarket chain)
- Strive for five
- Online tracker

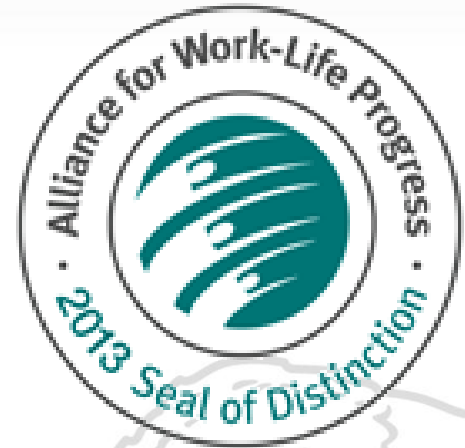
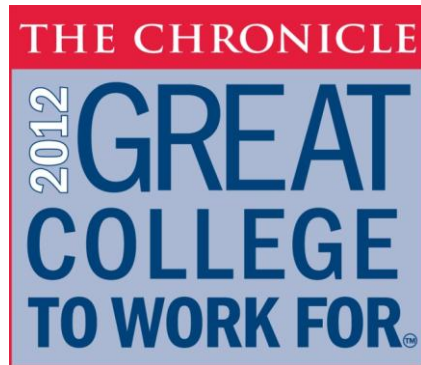


Wellness Awareness Day

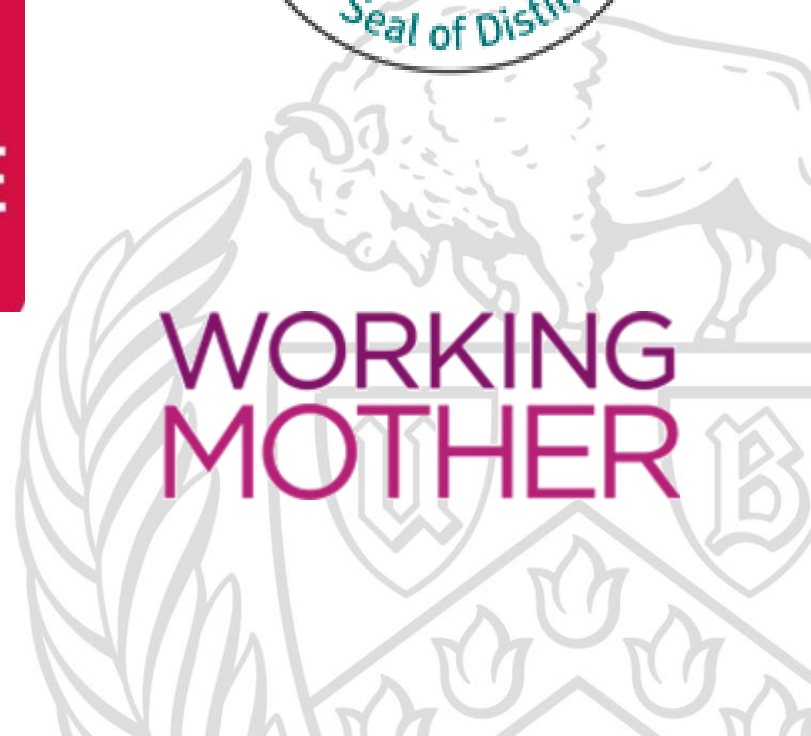
- Area businesses & non-profits
- Half-day
 - Q&A sessions
 - Demonstrations
 - Healthy food



Recognition



WORKING
MOTHER

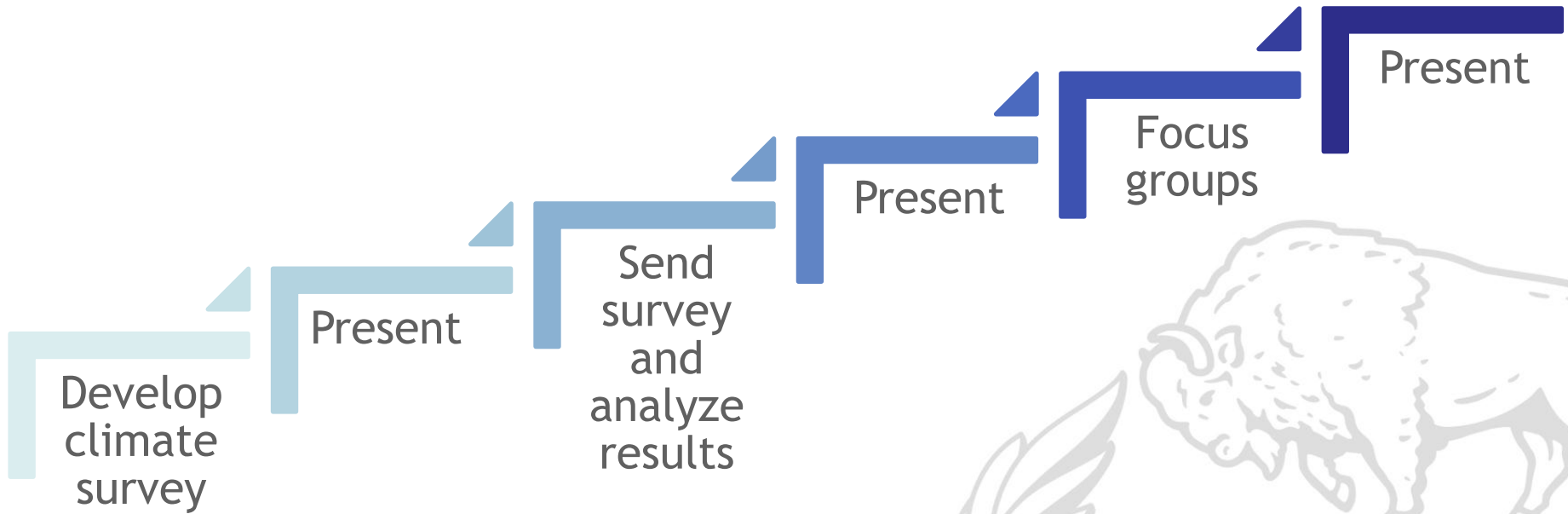


Work/Life Balance

Building a Great Place to Work

- Effort to improve work culture
 - Employee Assistance Program
 - Employee Relations
 - Equity, Diversity & Inclusion
 - Organizational Development & Training





Building a Great Place to Work

Positive Trends

- Identify areas to improve
- Refer for further assistance!
 - Training
 - Professional development
 - Counseling
 - Stress management



What are your challenges?

- Return on investment
- National partners
- Collaborative programs
- Utilization of resources



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