

# Activate Wellbeing Toolkit



Estimated time: 30 minutes

## 2 UNIT ASSESSMENT WORKSHEET

*This Unit Assessment will help your department, faculty or unit decide where to focus your action planning.*

**A** Individually, take a few minutes to reflect on your level of agreement with the description statements for each focus area below. Share reflections in pairs or as a full group.

Focus area	Description Statement	Level of agreement
Awareness and knowledge	We are aware of what currently supports and challenges the mental health and wellbeing of faculty and staff.	Strongly disagree Disagree Neutral Agree Strongly agree
Strategy and Planning	Wellbeing and mental health are included in our unit's strategic plans and operational frameworks and/or our mission, goals, vision, and values.	Strongly disagree Disagree Neutral Agree Strongly agree
Operations	We walk the talk. Wellbeing and mental health inform how faculty and staff do their work, including internal practices and procedures that shape our work culture and expectations.	Strongly disagree Disagree Neutral Agree Strongly agree
Evaluation and reflection	We are working to deepen our understanding of the wellbeing and mental health impacts of our implemented actions.	Strongly disagree Disagree Neutral Agree Strongly agree

**B** Explore the group's reflections and decide which focus area to discuss today. It may be the focus area where there is momentum and desire to progress further, or it may be the focus area where there has been limited work to date. The Gradients of Agreement tool may help in coming to an agreement (see the Additional Tools slide deck)

**C** Once your unit has decided, proceed to Step 3 - Action Planning and work through the exercise for the corresponding focus area (see AWT webpage [wellbeing.ubc.ca/awt](https://wellbeing.ubc.ca/awt) or slide deck).