

Activate Wellbeing Toolkit



Estimated time: 20 minutes

5 MEASURE SUCCESS

This step will help your unit define Success Criteria to help you track progress

- A** To define your success criteria, consider the Topic Statement you are focusing on from Step 3. Once your unit completes your action(s), will you have made progress on your area of focus?
- B** See the example below, and then develop your success criteria below.
- C** Once your unit has identified several actions to explore, go back to the Activate Wellbeing Toolkit webpage wellbeing.ubc.ca/AWT (or the slide deck) to close your session.

Topic Statement	Success Criteria
Refer to the focus area in step 3 that your chosen action(s) fall under	How you will know if you have made progress
E.g., We understand what currently supports and challenges our wellbeing. Data / evidence informs us. (Focus Area: Awareness and knowledge) E.g., We evaluate our efforts and identify gaps in knowledge, representation, and changing contexts that influence wellbeing and mental health. (Focus Area: Evaluation and Reflection)	E.g., We have a regular commitment to surfacing issues related to our unit's overall wellbeing and addressing the gaps as needed. E.g., We have embedded wellbeing considerations into our existing program evaluation.