WorkLife

Supporting the campus community
Advancing the academic mission
Today’s Objectives

- Practice
  - What is WorkLife?

- Purpose
  - Why does it matter to UC Davis?

- Programs and Services
  - What is available?
  - How can you access them?
WorkLife: The Concept

Intersection and Prioritizing

- Self (the worker)
- Career (work)
- Family
- Community
WorkLife Balance: The Myth

- Tenuous
- Shaky
- Insecure
- Unsteady
- Precarious
- Opposing
- Vulnerable
WorkLife: Goals

- Integration
- Effectiveness
- Success
WorkLife: Portfolio

Strategic framework
- Policies
- Practices
- Programs
- Philosophy
- Active support

Seven pillars
Why WorkLife Matters

WorldatWork Total Rewards Model
Strategies to Attract, Motivate and Retain Employees
Pyramid of Work & Life Needs
Baxter Healthcare – Campbell & Koblenz, 1997

Principles of Community
UC Davis – first adopted 1990
WorkLife Portal

- Web address: http://www.hr.ucdavis.edu/worklife-wellness
Participate - TODS

Take Our Daughters and Sons to Work Day (TODS)
Thursday, April 25

TODS is a national program, celebrating its 21st year of employers across the country hosting children at their workplace. Designed to be more than a career day, TODS not only exposes girls and boys to what a parent or mentor does during his/her workday, but shows children the value of their education and provides an opportunity to begin steps toward their goals in a hands-on and interactive environment.

Visiting and exploring UC Davis reminds our youth to be brave as they dream seemingly impossible dreams, explore new challenges, and attain the success they have always hoped for in education, work, home and in their communities.

We like to think of it as a “mini Picnic Day” just for kids, age 7-11. Join UC Davis’ observance by bringing children in your life to your workplace and to various activities throughout the campus. This event is for staff, faculty, students and their youth guests.

Enjoy a reprise of the famous Picnic Day Atmospheric Science Show, Phabulous Physics Show and Chemistry Magic Show. Come see what it
Participate - Wellness Challenge

http://wellnesschallenge.ucdavis.edu/

- Personal activities
- Weekly events
- Self assessment
- Exercise videos
Participate - UC Walks
THE CHALLENGE BEGINS...
APRIL 2 for UCDHS—Marriot Ballroom 11:30-1:30
APRIL 4 for Davis Campus—ARC Ballrooms 11:30-1:30

The UC Davis Mind Body Wellness Challenge, sponsored by WorkLife and Wellness, encourages everyone to take steps to improve their health and wellness. Participants will commit to adopting one new healthy habit and maintaining it for seven weeks. Each week of the Challenge we will have at least one wellness activity and an email with links and resources to keep you motivated and on track! At the kick-off, you will be given a "wellness passport" to record your weekly progress and receive stamps and raffle tickets for completed activities that earn you chances to win one of 3 Challenge prizes. Additionally, each stamp (activity attended) qualifies as StayWell follow-up points. Complete details, including a wellness self-assessment, listing of the weekly events, additional suggestions for healthy habits and online registration, are available by visiting the Challenge website at http://wellnesschallenge.ucdavis.edu You do not need to attend the kick-off event to join (although it will be loads of fun). Just sign up online, print your own passport and begin the Challenge...

WorkLife & Wellness Brown Bags

- Sustainable Gardening: Focus on Edibles April 11 [More Details]
- PiYo May 16 [More Details] (AOTM)
- Memory, Brain and Aging: The Good, Bad and the Promising May 30 [More Details]

TODS Day is April 25

Take our Daughters and Sons to Work Day (TODS) is Thursday, April 25. Bring a child and join our "mini Picnic Day!" Explore the greenhouses, ride on the double decker bus, get behind the scenes at the animal hospital, see fantastic science shows, go on a SCVNGR
Stay Connected - Monthly

- Join the listserv
- E-mail worklife@ucdavis.edu
- Subject line “subscribe me”