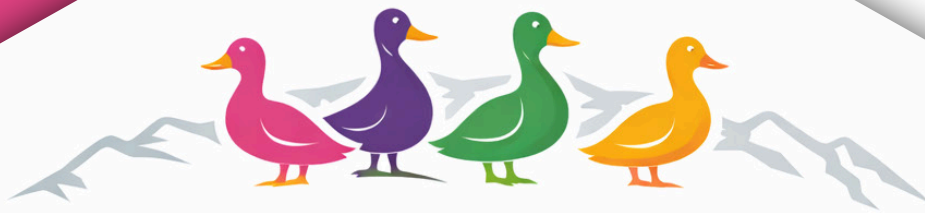




WEBER STATE UNIVERSITY
Human Resources

EMPLOYEE
WELLNESS



BUILDING BELONGING

Strengthening Social Wellbeing at Work

EHWW 2026

SOCIAL CONNECTIONS ON CAMPUS



This year's event is centered on social connection. Feeling connected at work is associated with lower stress, better mental health, higher job satisfaction, and the ability to roll with the punches during times of change. This week is designed to honor the many different ways connection shows up in everyday work life.

Throughout the week, you will be provided with a variety of activities across campus, organized under four themes: Grow Together, Work Together, Play Together, and Create Together. Each theme reflects a different pathway to connection: learning and skill-building, collaboration and teamwork, movement and play, and creative or quiet engagement.

Whether you enjoy lively group energy, thoughtful conversation, steady collaboration, or quieter shared spaces, there is something here for you. You're invited to drop in for a single activity, explore several throughout the week, or simply take a moment to be present alongside others.

Building belonging isn't about changing who you are, It's about creating space for different styles to feel welcome. We hope this week helps you feel more connected, supported, and grounded in our shared campus community.

Choosing Activities That Fit You

At the start of the week, you are invited to attend the *Find Your Duck: A Social Connection Quiz* event. This light-hearted activity is designed to help you discover your personal social connection style.

Based on your responses, you'll be matched with a duck color that reflects how you naturally connect with others. This could be through energy, creativity, consistency, or quiet presence. Your duck isn't a label or a requirement; it's simply a guide you can use throughout the week to help you choose activities that may feel most comfortable, meaningful, or energizing for you.

Pink Duck

The Connector



Connect through energy, people, and shared experiences.

You may enjoy:

- Group activities
- Team games
- Social or movement-based events

Green Duck

The Anchor



Connect through consistency, trust, and familiar faces.

You may enjoy:

- Small-group or structured activities
- Repeated meet-ups
- Supportive or service-focused events

Purple Duck

The Spark



Connect through ideas, creativity, and meaningful conversation.

You may enjoy:

- Creative or reflective activities
- Purpose-driven discussions
- Making, writing, or idea-sharing

Yellow Duck

The Observer



Connect through presence, listening, and low-pressure participation.

You may enjoy:

- Quiet or hands-on activities
- Independent or parallel participation
- Low social pressure

Monday

March 2

Learn | Wellness

Employee Health and Wellness Week

9:00 AM - Opening Event: Why Connection Matters at Work

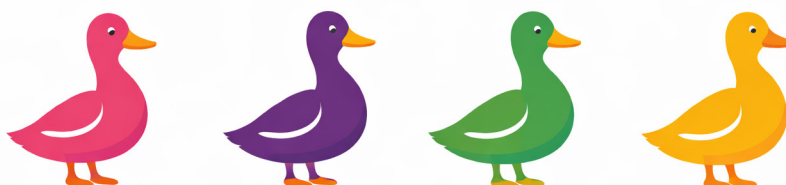
Presented by Blomquist Hale

Explore how social connections influence wellbeing, resilience, and job satisfaction in the workplace. This session highlights practical, research-informed insights into why belonging matters, and how small, everyday interactions can make a meaningful difference at work.

2:00 PM - Find Your Duck: A Social Connection Quiz

Discover your personal connection style through a short, light-hearted quiz designed to help you reflect on how you naturally connect with others. After completing the quiz, you'll be matched with one of four ducks—each representing a different, equally valid way of building connection. Your duck will serve as a guide throughout the week, helping you identify activities that may feel most comfortable, energizing, or meaningful for you.

You'll see duck icons on schedules, signs, and activities across campus, making it easy to choose events that align with your style, or explore something new if you'd like. ***The duck colors are simply a suggestion.*** There's no right answer, no expectations, and no pressure to participate beyond what feels right.



Tuesday

March 3

Learn | Wellness

Employee Health and Wellness Week

9:00 AM - Grow Together: Connection Amid Change

Presented by Leslie Simpson

In a climate of major change, it's easy to feel overwhelmed or even isolated in the shuffle. This workshop offers micro-strategies to help turn "change fatigue" into collective resilience on your team and across the university.

10:00 AM – 1:00 PM - Create Together: Drop-In Creative Space

Miller Administration Building

Take a break and enjoy a low-pressure creative space featuring puzzles, coloring pages, and paper craft activities. This Create Together offering is designed for quiet focus, parallel participation, and relaxed connection—drop in anytime during the window.

11:00 AM & 1:00 PM - Work Together: Teamwork Meal Making

Join a hands-on cooking demonstration focused on preparing simple, nutritious snacks. This Work Together session emphasizes collaboration, practical ideas, and shared problem-solving—no cooking experience required.

2:00 PM - Play Together: Total Body Office (Online Only)

Move and stretch with a short, accessible workout designed to be done right from your desk. This Play Together session offers an easy way to reset your body and energy during the workday, whether you follow along actively or adapt movements to your comfort level.

Wednesday

March 4

Learn | Wellness

Employee Health and Wellness Week

9:00 AM - Grow Together: The Art of Seeing Others & Being Seen

Presented by Cindy Reinhard

Connection starts with feeling genuinely seen—and knowing how to show up as your full self. This session explores simple, practical ways to notice others more intentionally, communicate presence, and build trust through everyday interactions at work and beyond.

10:00 AM – 1:00 PM - Create Together: Drop-In Creative Space

McKay Education Building


Enjoy a relaxed, low-pressure creative space with puzzles, coloring pages, and paper craft activities. This Create Together offering is designed for quiet focus, hands-on making, and optional interaction. Stop by anytime during the open hours.

11:00 AM & 1:00 PM - Work Together: Escape Room Games

Work as a team to solve puzzles and complete escape-room-style challenges using tabletop games. This Work Together activity emphasizes collaboration, communication, and shared problem-solving in a fun, structured setting.

2:00 PM - Play Together: Family Workout Ideas

Bring the spirit of connection home with this interactive, all-ages workout designed to strengthen bonds through shared movement. You'll learn inclusive, teamwork-based exercises that promote positive energy and healthy habits for the whole family. It's the perfect way to recharge your social well-being both in the office and at home.



Thursday

March 5

Learn | Wellness

Employee Health and Wellness Week

9:00 AM - Grow Together: Kindness as a Social Skill



Presented by Cindy Reinhard

Kindness isn't just a personality trait—it's a learnable skill that shapes culture and strengthens teams. In this session, we'll look at how small, intentional acts of kindness influence communication, collaboration, and the way people experience their workplace.

10:00 AM – 1:00 PM - Create Together: Drop-In Creative Space



Student Union

Step into a relaxed, creative space featuring puzzles, coloring pages, and paint-by-number activities. This Create Together offering encourages quiet focus and low-pressure participation. Stop by anytime during the open window.

12:00 PM - Work Together: Team Trivia



Put your heads together for a fun, collaborative trivia session. This Work Together activity emphasizes teamwork, shared problem-solving, and friendly competition in an easygoing, structured format.

2:00 PM - Play Together: Core and Stretch



Join a gentle movement session focused on core strength, mobility, and stretching. This Play Together class is designed to help you reset your body during the workday, with options to modify movements to your comfort level.

Friday

March 5

Learn | Wellness

Employee Health and Wellness Week

9:00 AM - Grow Together: Working Across Differences and Beliefs 🦆🦆🦆

Presented by Leslie Simpson

We all share a mission here at Weber State, but we don't all share the same background, generation, personality, beliefs, etc. This class explores the human skills needed to navigate these difference to build stronger, more authentic connections with coworkers and beyond.

12:00 PM – 3:00 PM - Closing Event: Connect Your Way

Wrap up Employee Health and Wellness Week with a campus-wide celebration designed for every connection style. This closing event offers a variety of activities happening throughout the gym, allowing you to move, play, relax, or simply be present alongside others.

Activities include:

- **Pickleball Tournament** 🦆🦆🦆
 - Friendly competition and shared play
- **3-on-3 Basketball Games** 🦆🦆
 - Team-based movement and fun
- **Stress Relief Center** 🦆🦆
 - Unwind with massage chairs and quiet recovery space
- **eSports:** 🦆🦆🦆
 - *Connect through gaming and shared focus*
- **Campus Walk** 🦆🦆🦆
 - Relaxed option for conversation or quiet movement