

Warrior Wellness

Inaugural Leadership Academy

Brought to by the Hempster Seeds (HR Team)

Alan Raeder – wonder/discernment

Larissa Mercado – tenacity/enablement

Michael Boogaard – invention/enablement

Lauren Reed – enablement/discernment



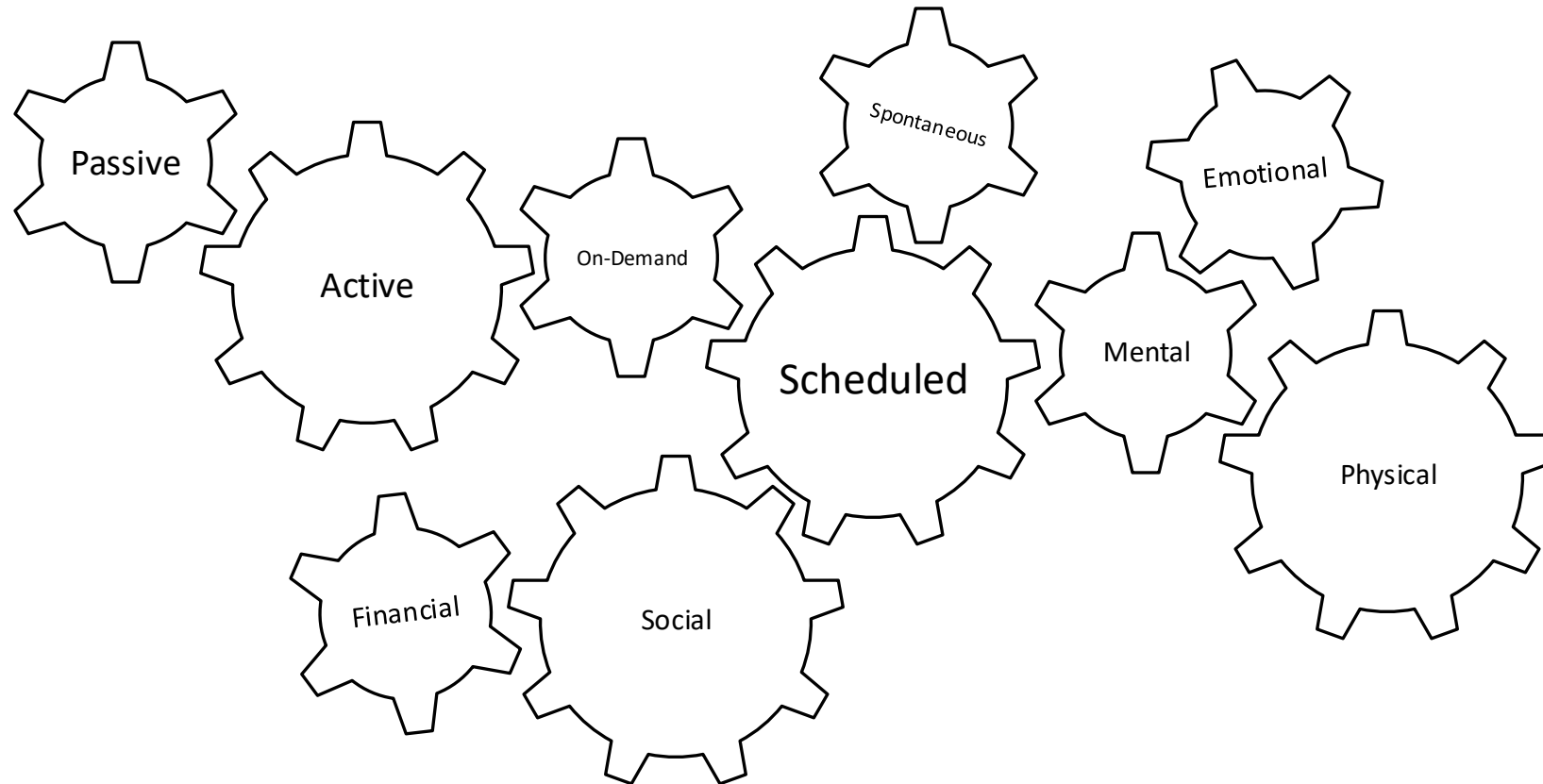
Project Prompt

*Design infrastructure for
faculty and staff wellness support at WWCC,
noting our multiple campuses
and integrating all employees as best as possible*



Complete Approach to Wellness

Wide Variety of Wellness Support Needs



Complete Approach to Wellness

*Human Resources Page -> Button to **Warrior Wellness** Page*

- Single location for all resources
- Find current employee benefits (i.e. Smart Health, WA State EAP)
- Plus, two new resources... ***Interest Groups & Events***
- Resources available ad hoc, plus options for engagement with others



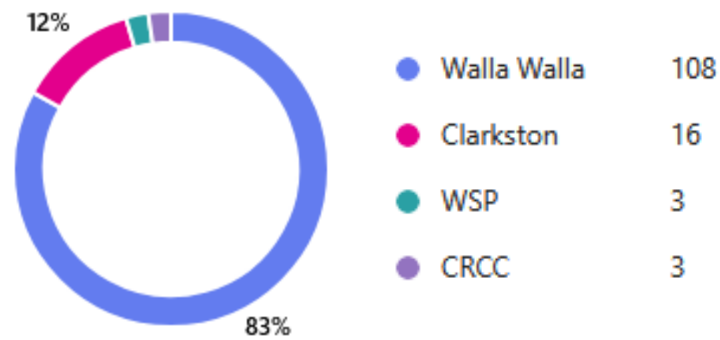
Building Warrior Wellness - Survey

- Used Microsoft Forms
- 7 Questions
- Average response time 12 minutes
- 130 responses
- 14-day duration for data collection

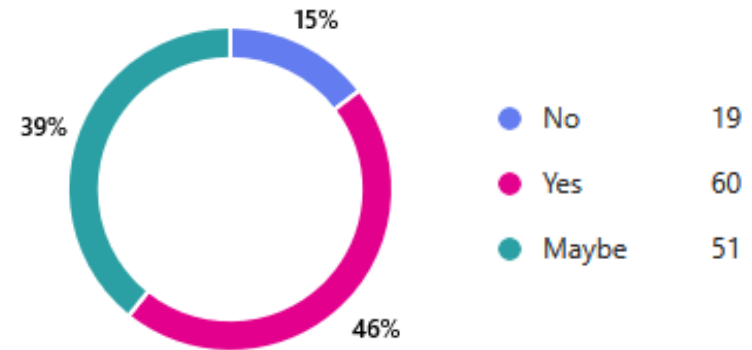


Building Warrior Wellness - Survey

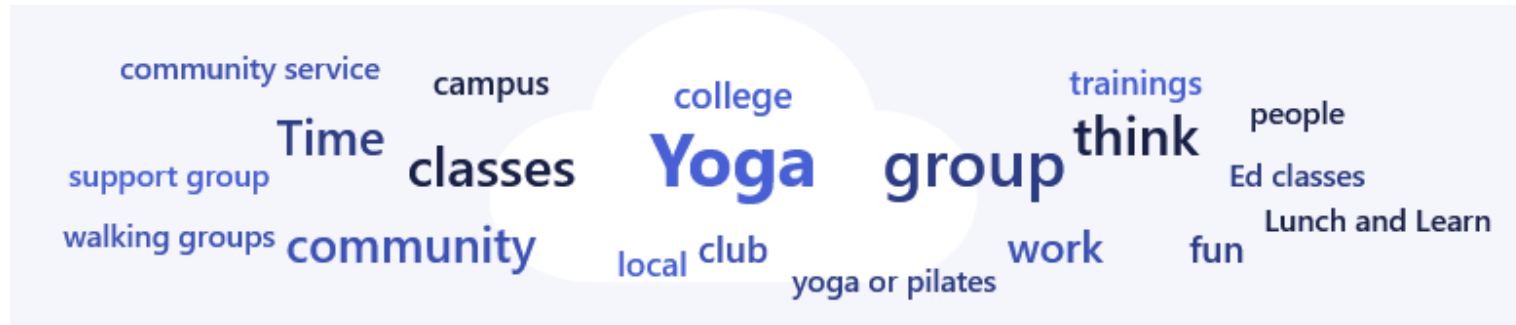
Location of Survey Participants



Interest in Participation

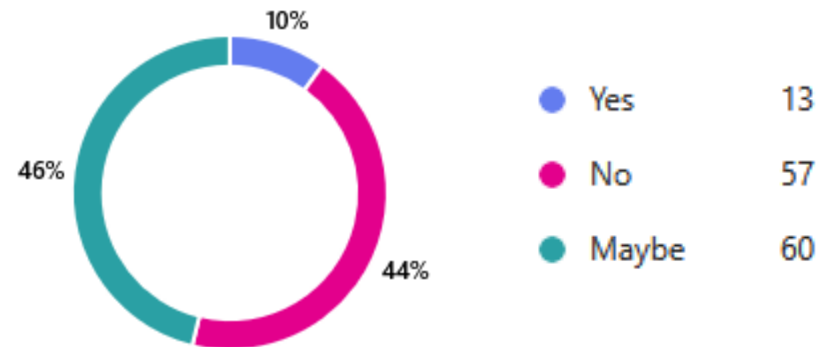


Building Warrior Wellness - Survey

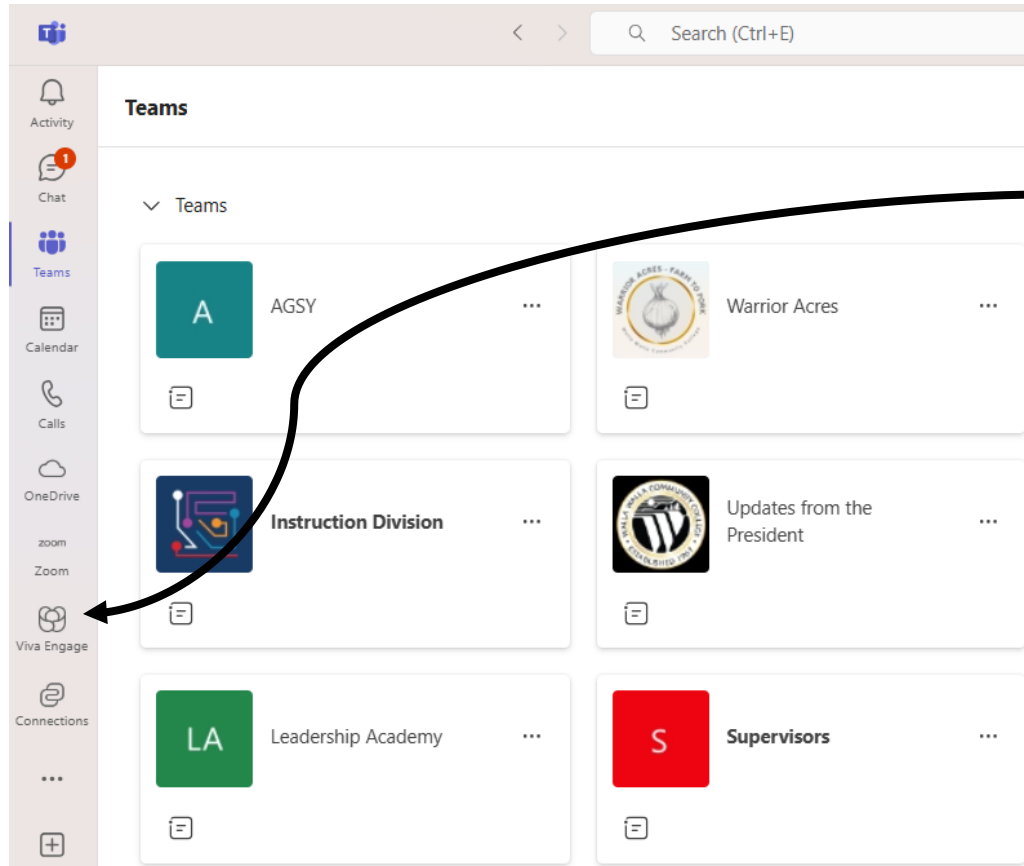


Building Warrior Wellness - Survey

Interest in Warrior Wellness Committee



Building Warrior Wellness – Viva Engage

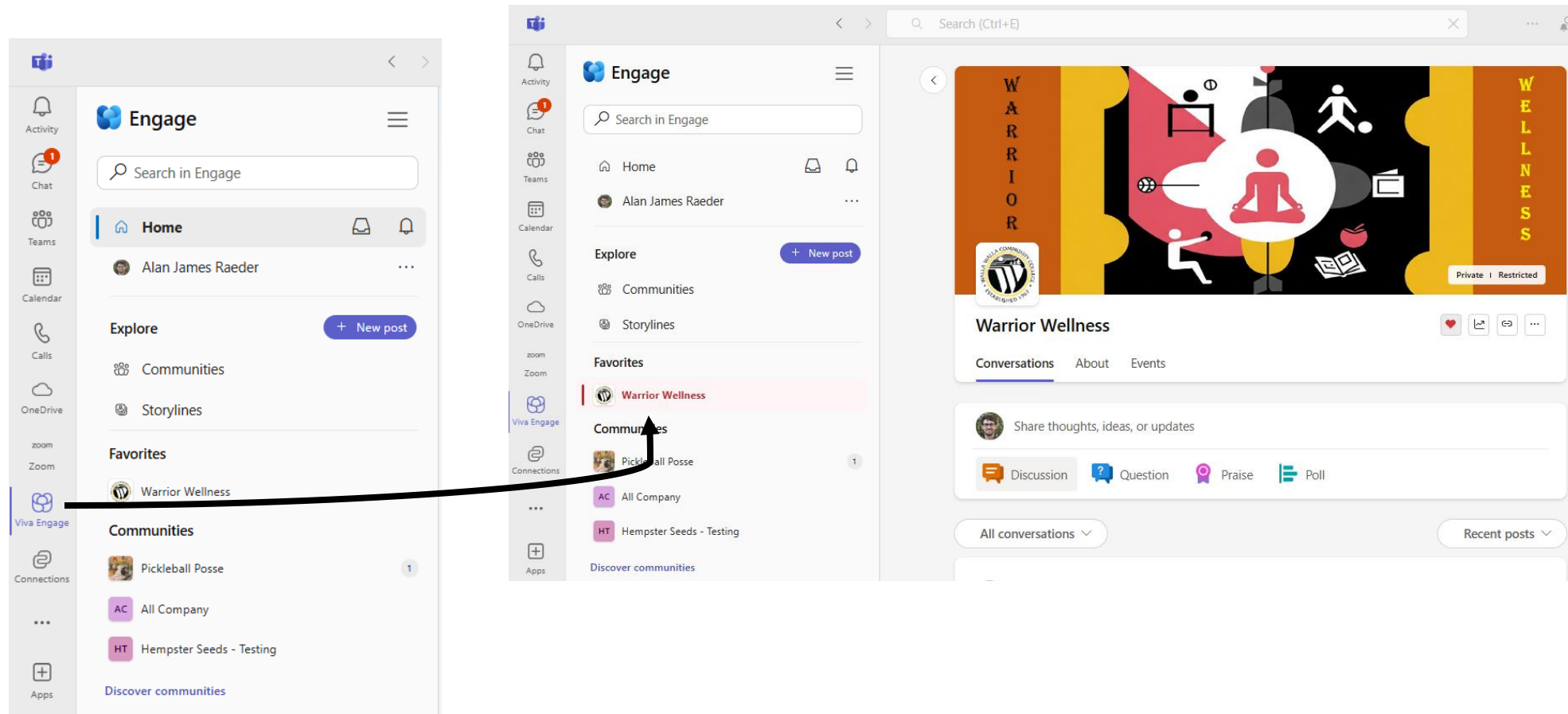


Pin It!

- No additional cost to WWCC
- Accessible
 - PC, Browser, Mobile Apps
- We had IT determine feasibility



Building Warrior Wellness – Viva Engage



Building Warrior Wellness – Viva Engage

WARRIOR

WELLNESS

Private | Restricted

Warrior Wellness

Conversations About Events

Info

Promoting community building within WWCC to foster groups for all employees to find physical, mental, and wellbeing connections.

- Book Club
- Crafts/DIY
- Cooking/Recipes
- Pickleball Posse
- Walking
- Yoga



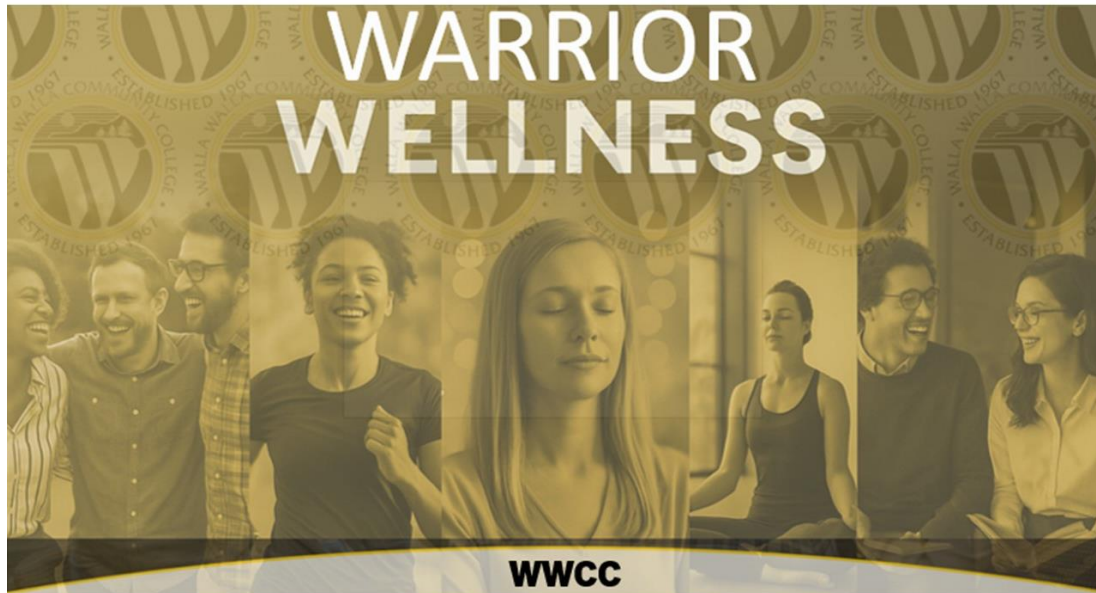
Engage Community Structure

- Community Facilitator
- Community Members

Group Name	Description	Members	Status
All Company	This is the default group for everyone in the Walla Walla Community College network	1,136	Join
Book Club	Book Club	3	Join
Cooking/Recipes	Cooking/Recipes	2	Join
Crafts/DIY	Crafts/DIY	3	Join
Hempster Seeds - Testing	Testing Community for Hempster Seeds	7	Joined
Pickleball Posse	Everything pickleball!	20	Joined



Promoting Warrior Wellness - Homepage



WARRIOR WELLNESS RESOURCES

Viva-Engage

Community and connection

Lunch & Learn

Events & Archives

Smart Health

Employee Benefits

Wellness Webinars

First Choice [EAP](#)
Employee Assistance Program

Mindfulness Resource Page

First Choice [EAP](#)
Employee Assistance Program

Wellness Committee Members

Name
~Link~

Name
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Name
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The Vision:

To promote community building for employees at Walla Walla Community College by fostering inclusive groups that support our physical, mental, and overall wellbeing.

The Mission:

To cultivate a vibrant and inclusive community at Walla Walla Community College where every employee is supported in their physical, mental, and emotional wellbeing, leading to a connected, engaged, and thriving campus culture.



Promoting Warrior Wellness

➤ Printed “Business” Cards

➤ QR codes to **Warrior Wellness Page**

&

Viva Engage

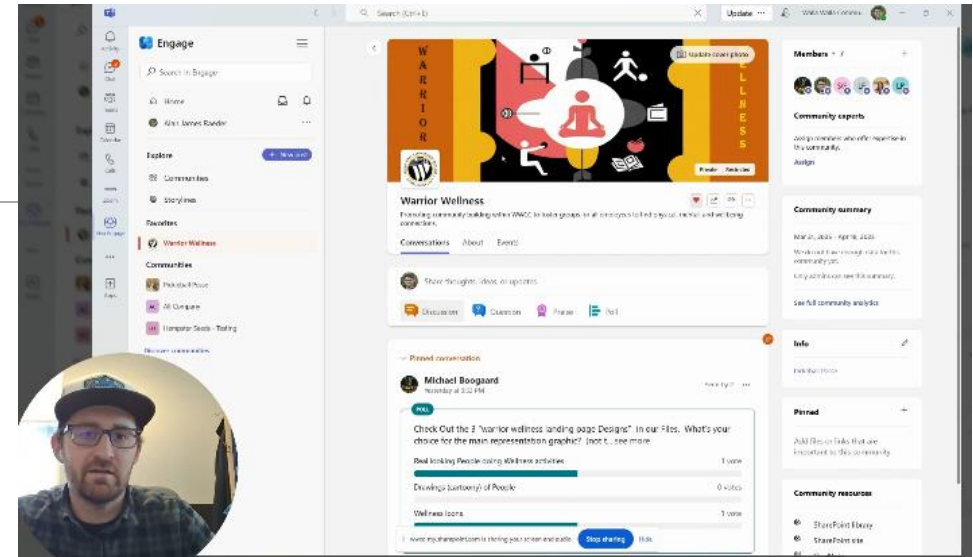


➤ Available to faculty and staff at all locations



Promoting Warrior Wellness

- **Viva Engage Instructional Videos:**
- Accessing Viva Engage via Teams
- Finding Warrior Wellness -> Interest Groups
 - aka Communities
 - Automatic Warrior Wellness membership
- Joining Engage communities
- Navigating and posting in communities
- **Adding a Link to HR Homepage**



Walla Walla Community College is a great place to work. It is our vision to be the catalyst that transforms our students lives and the communities we serve. We employ skilled and dedicated faculty and staff who strive to inspire students to discover their potential and to achieve their goals by providing diverse and challenging learning opportunities. We value Teamwork, Excellence, Health and Humor, Innovation, Diversity, Learning Opportunities, Personal/Professional Growth, Integrity, a Sense of Community, and Sustainability.

Walla Walla Community College supports equal employment and educational opportunities regardless of race, religion, color, national origin, age, sex, sexual orientation, veteran status, or disability in accordance with the Civil Rights Act of 1964; Title IX of the Education Amendments of 1972; the Federal Rehabilitation Act of 1973; the Americans with Disabilities Act of 1990; and, any other applicable federal and Washington State laws against discrimination.

[WWCC Non-discrimination Statement](#)



WORK WITH US!

Considering working with us at WWCC?

Check out
The WWCC

**Warrior Wellness
Community**



HR Contact Information
Elisa Cabrera
Administrative Assistant to the
VP of Human Resources
elisa.cabrera@wwcc.edu
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Fax: 509.527.4313

Office Location
Walla Walla Campus, Building D



Warrior Wellness Committee

Mission Draft... *Promote community building at WWCC by fostering inclusive groups that support the physical, mental, and overall wellbeing of all employees, creating meaningful connections and a thriving campus culture.*

Vision Draft... *Cultivate a vibrant and inclusive community at WWCC where every employee is supported in their physical, mental, and emotional wellbeing, facilitating connected, engaged, and thriving campus culture.*



Warrior Wellness Committee

- Co-Chairs (Divide Responsibilities):
 - Viva Engage Communities
 - Lunch and Learns
 - Anticipated Warrior Wellness Fair (Fall Conference?)
- Committee Member (6-8 Members)
 - HR
 - Faculty
 - Classified
 - Exempt
 - Clarkston
 - Corrections



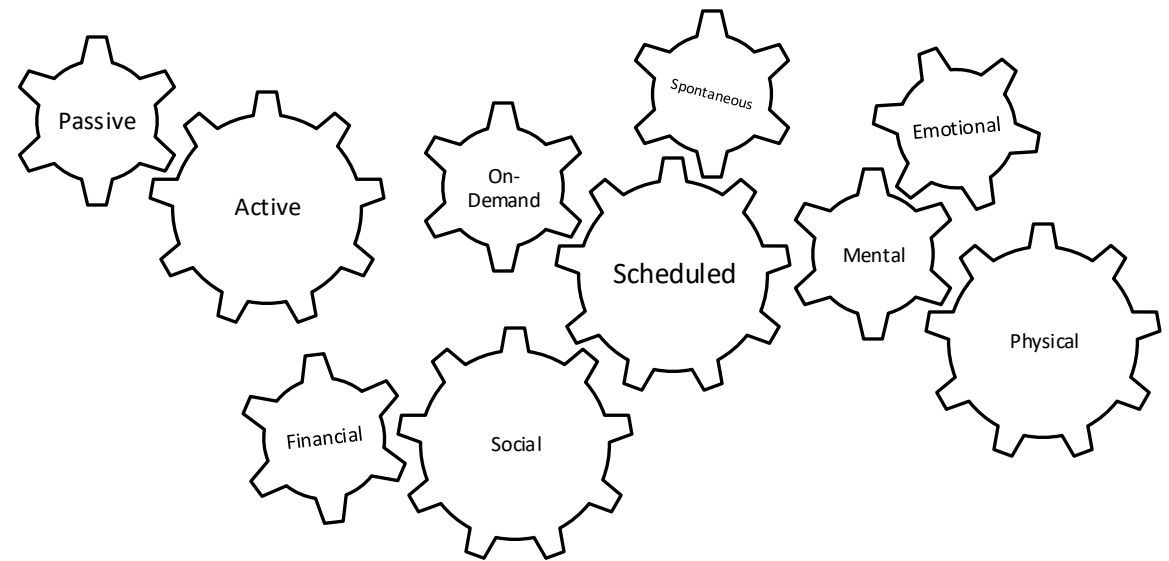
Committee Goals for 2025/26

- Formally establish “Warrior Wellness Committee”
- Formalize Mission & Vision statements
- Support launch of new Interest Groups
- Launch first Lunch & Learn Series



Goals by Fall 2030

Full integration of Warrior Wellness into tapestry of WWCC employee life, robust opportunities serving all campuses in a variety of ways



Thank You!

WE'RE GRATEFUL FOR THIS OPPORTUNITY & FOR YOUR ATTENTION

