Cycle 3 of Well-Being Grants: 2026 – 2028

Informational Session and Q&A

Oct 27, 2026

UW Medicine Office of Well-Being

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In Partnership With…

- UW Advancement
- Our volunteer Review Committee
- Finance Team: Thai Vu, Jennifer Christie-Jansen, Kat McGhee Drummond
- Cost Center Managers
- UW Communications
- CMOs, CNOs, and local leadership

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Overview

- Goals: improve the workplace and learning environment across UW Medicine
- Continued investment in well-being initiatives made possible through generous donor support
- 100k to support the next 3 rounds of well-being grant cycles

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Looking Back: The First 2 Cycles

- Over the past 2 cycles, over 370 well-being projects have been implemented across UW Medicine
- Strong community interest and projects supporting connection, team well-being, and workplace culture

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ME!













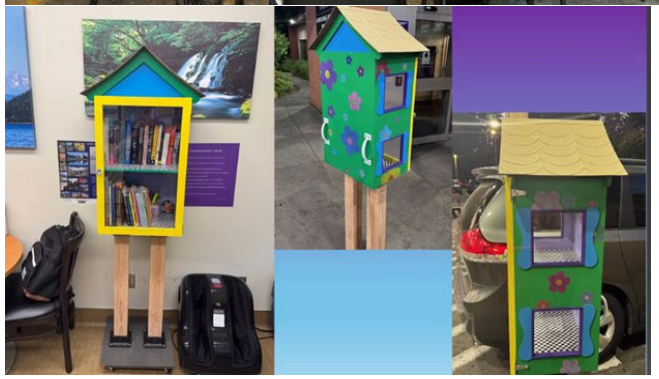





GONZAGA
RUDOLF FITNESS CENTER


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vKiosk

In Their Own Words – Recipient Feedback

"*The team feels more united, creative, and prepared to face challenges together.*"

"The grant-funded activities strengthened relationships, boosted morale, and improved communication."

"Without dedicated funding, programming of this kind is difficult to sustain. This grant made that work possible."

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This Cycle – What's Changed?

- Funding amounts will range from $500 – $2,000
- Projects should align with at least one of the two following well-being strategic priorities:
  - Connection, Community and Belonging
  - Professional Development and Growth
- NOT funding:
  - Space or room improvements
  - Enhanced workflow projects
- Applications will be submitted through a new platform, Submittable
  - Save drafts, collaborate, check status, and view a copy of submission

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Examples

- **EDI**: affinity groups, equity retreats
- **Art practices**: musical performances, pottery, story-telling, community mural, paint nights, art supplies
- **Nature and Outdoors**: camping events, community garden, kayaking, nature photography, park clean ups
- **Appreciation**: Well-being rounding, team attire/swag, coffee and snack supplies, recognition awards, birthday celebrations
- **Sharing meals**: tea, breakfasts, luncheons, potlucks, dinners
- **Team activities**: retreats, clubs, whirly ball, cooking competitions, bowling, holiday parties, volunteering
- **Community learning**: workshops, book clubs, guest speakers and presenters, team retreats, mentorship programs
- **Mental Health**: mindfulness practices, suicide prevention/intervention efforts

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Eligibility

- Faculty, Staff, Postdoc, Trainee - Students may collaborate on a proposal but should not be the main author
- Projects should impact a community, and funds should not be going toward 1 individual
- Gift cards, alcohol, fire hazards are prohibited

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Resources for Strong Proposals

- Rubric
- Well-being strategic priority definitions
- Well-being survey dashboard
- FAQs

All on our website!

https://faculty.uwmedicine.org/wb-grants/

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How Are Funds Awarded?

Funds will be available starting 7/1/2027.

The most useful information applicants can provide is a finance contact and their unit Cost-Center!

- School of Medicine (SoM)
  - Stand Alone Grant Process
  - Not connected to grant recipients' unit Cost-Center
- Hospitals and Clinics
  - Account Funding Allocation (Funds transfer)
  - Connected to grant recipients' unit Cost-Center

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Timeline

- October 20, 2026 – Open Application
- December 8, 2026 – Application Deadline
- January through March 2027 – Review Period
- Spring 2027 – Funding Decisions Announced
- July 1, 2027 – Funds Awarded
- June 30, 2028 – Projects Completed

QUESTIONS?