

## Wellness Goal Example

Below is an example of a Wellness Goal that can be used during your annual performance development goal setting.

### 1. Goal Title

Enhanced Mental Health and Well-being

### 2. Goal Description:

This goal involves attending training to increase my knowledge related to mental health and illness, reflecting on the healthy habits I have embed in my life and determining where I can make improvements, and familiarizing myself with available resources, so I can effectively support my colleagues.

### 3. Goal Wizard for adding S.M.A.R.T. (Specific. Measurable. Actionable. Relevant. Timely.) Goals

#### a. Add Outcome

- i. Increase my awareness about mental health and available resources to support mine and my colleagues' well-being.
- ii. Type: %
- iii. Start Value: 25%
- iv. Target: 100%

#### b. Add Tasks:

- i. Select date, register, and attend [The Working Mind](#) training.
- ii. Complete [Mental Health 101](#) from the Centre for Addiction and Mental Health
- iii. Take the [Wellness Wheel Self-Assessment](#) and develop my own self-care action plan.
- iv. Review the resources on the [How to give help: Providing support webpage](#)

#### c. Type of Goal: Select one of:

- i. Select Professional Development Goal

#### d. Select Start Date and Due Date

4. Save as draft or when finished, click **Submit**.

For additional information about upcoming events, initiatives, and training that you can build into your annual goals, please visit the [Wellness at Work webpage](#) or reach out to the Wellness at Work Team via email: [wellnessatwork@ontariotechu.ca](mailto:wellnessatwork@ontariotechu.ca).