Green Zone Training
Military-affiliated students make up 13% of the total UNCW population, yet many UNCW students have no personal ties to the military community. The Green Zone workshop functions as cultural sensitivity training that helps people understand the military-affiliated student population at UNCW and how best to support, engage with, and advocate for those students.

Volunteer /Community Service Project
Interested in creating a service project? OSLE will work with the group to help provide them with tools necessary to have a meaningful service project in the community.

**Sustainable Well-Being

Defining Leadership
This workshop dives into the definition and different approaches to leadership. Participants will explore personal definitions, the historical development of the practice of leadership, and contemporary views on leadership development. This workshop is perfect for introductory conversations about leadership.

**Intellectual & Occupational Well-Being

Civically Engaged Leadership
What role does service play in leadership? This workshop explores the role of community and citizenship within the context of leadership and the greater good.

**Intellectual & Occupational Well-Being

Moving from Me to We
Leadership cannot occur in a vacuum. Partnerships, allies, and communities are necessary groups to facilitate positive change. This workshop uses a popular and easy to understand leadership assessment to bridge the individual and group.

**Intellectual & Occupational Well-Being

StrengthsFinder
The Clifton StrengthsFinder is the culmination of more than 50 years of Dr. Donald O. Clifton’s lifelong work: leading millions of people around the world to discover their strengths. The Office of Student Leadership and Engagement offers you the opportunity to take this assessment and provides facilitated discussion about its personal and organizational uses. Learn more on the OSLE website.

**Intellectual & Occupational Well-Being
FINANCIAL WELL-BEING

Office of Scholarships & Financial Aid
- Financial Aid 101
- Budgeting
- Credit
These programs will be requested through their office directly.

INTELLECTUAL WELL-BEING

Swim Clinic
Leave more about swim lessons that Campus Recreation offers and receive feedback and tips on your swimming strokes from a certified Water Safety Instructor.

Living Off-Campus
Do you know how to sign a lease off-campus? Are you a good neighbor? This presentation will highlight lease signing and off-campus living to provide UNCW students with the tools to be good neighbors, responsible community members, and better tenants. Learn about the policies and expectations of living off-campus and get your questions answered!

Aquatic Facility / Equipment Orientation
Interested in learning more about Aquatics but unsure where to start? This program will allow participants to learn about the indoor and leisure pool, learn where towels and locker rooms are located, as well as what equipment is available to use during open swim times (i.e. kickboards, goggles, etc.).

OCCUPATIONAL WELL-BEING

Career Center Workshop
- Career Assessment
- Choosing an Academic Major
- Dress for Success
- Finding an Internship
- Preparing for Career Fairs
- Job Hunting Strategies & Preparing for Interviews
- Resumes & Coverletters
- Preparing for Graduate or Professional School
These programs will be requested through their office directly.

PHYSICAL WELL-BEING

Intro to Weightlifting
Want to learn more about weightlifting? Learn more about lifting safely and with good form, and to learn more about programming related to resistance training.

SMART Goal-Setting
Want to learn about setting goals for yourself? SMART goal setting focuses on making goals specific, measurable, attainable, realistic and time sensitive. These concepts can be applied to fitness goals or other personal goals you set for yourself.

Foam Rolling & Myofascial Release
A recovery class meant to target sore muscles, tension, and stiffness. Learn about utilizing foam rollers and other stretching equipment to focus on myofascial release, PNF stretching, and more.

Equipment Orientation
Learn more about the Student Recreation Center and the equipment in the fitness center, and a facility tour if wanted. Participants will learn about the cardio and strength equipment, how to set them up, and where they are located throughout the fitness center.

Sleep, the best 33% of your life
Learn about the importance and impact of healthy sleep with tips provided on how to obtain more!

Group Fitness Class
Request yoga, pilates, or chair yoga!
Intro to Mediation/Mindfulness
Introduction to Mindfulness and Meditation program gives a foundation of information that helps students begin to think of ways to incorporate mindfulness into their daily lives. The program concludes with the presenter leading the students in a brief meditation.

Sustainability Scavenger Hunt
Participants will learn more about UNCW’s efforts to promote sustainability on campus. Complete the following sustainability scavenger hunt with a friend or group. But you must prepare the final report individually. You must find at least five of these items/locations and snap a selfie in front of each item.

Sustainability Presentation
The Sustainability Peer Educators will customize a presentation to your class, organization, or department. You choose the topic and length of time.

How to Program with Healthy Hawks
Learn how to program utilizing Healthy Hawks (includes information on marketing, wavelink, logos, and concepts behind each dimension. Presenter will work with group to think creatively about connecting their current programming to well-being or ways to add additional programs.

Be a Healthy Hawk
This presentation focuses on the dimensions of well-being, and how they can be applied while here at UNCW, and how to instill those values for life after college. The presentation also includes activities that allow the student to start personalizing their own well-being and how holistic well-being is important.

QPR Training
QPR provides direction as to how to Question a person about suicidal thoughts, Persuade them to get help and to Refer the person for help.

Leading Well- For Yourself and Others
Emotional Intelligence centers around awareness and management of emotions, in ourselves and others. How does this idea connect to general well-being? In this session we’ll dive into understanding wellness and how we can use EIL to lead with it in mind.

Learn More
www.uncw.edu/healthyhawks
hansj@uncw.edu