GT | Cultivate Well-Being Action and Transformation

The Cultivate Well-Being Strategic Initiative

The Office of Cultivate Well-Being Action and Transformation

We consult, collaborate, and facilitate collective action among all cabinet areas, units, colleges, and schools to effectively deliver and implement the action strategies in the *Cultivate Well-Being Action and Transformation Roadmaps* and promote the eight dimensions of wellness.

Learn more about Cultivate Well-Being >
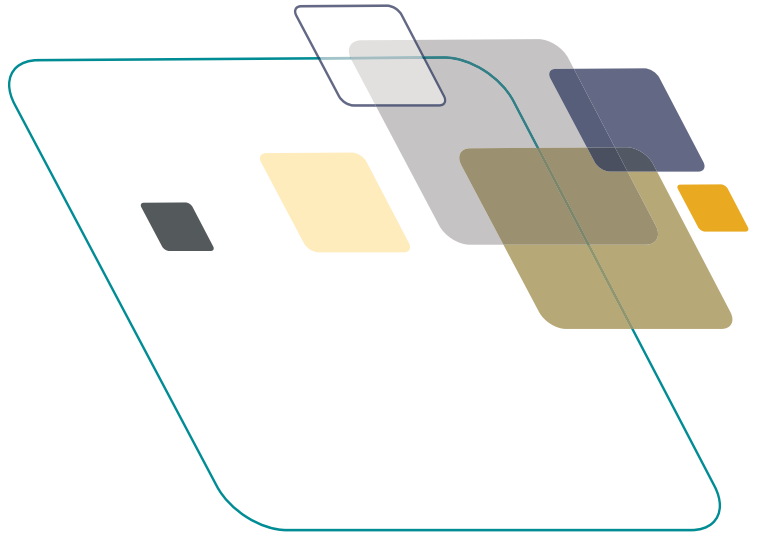
Why Well-Being Matters

Cultivating well-being is a strategic focus area at Tech because it contributes to student retention, graduation, and lifelong success while also contributing to a healthy, innovative, and engaged workforce.

How You Can Contribute

- Use our tools to champion and cultivate well-being
- Embed well-being in the student and employee experience
- Promote cross-Institute partnership within your units
- Consider the impact on well-being when developing programs and initiatives

The Cultivate Well-Being Strategic Initiative

8 DIMENSIONS OF WELLNESS

Emotional | Spiritual | Intellectual | Physical | Environmental | Occupational | Financial | Social

The Cultivate Well-Being strategic initiative is designed to advance the eight dimensions of wellness as a component of overall well-being.

Learn more about the dimensions of wellness >

Our Roadmaps

We have translated our foundational priority to cultivate well-being into action and implementation through the creation of our *Cultivate Well-Being Action and Transformation Roadmaps* — one for student well-being and one for faculty and staff well-being.

Track our progress >

Roadmap Goals

Cultural Change
Catalyze cultural change by expanding the aspects of our culture that contribute to well-being and minimizing aspects that don't.

Capacity and Creativity
Continue to improve quality of and access to primary prevention, health promotion, and conditions that sustain well-being.

Community and Connection
Increase awareness of and access to engagement experiences at Tech that contribute to factors that comprise well-being.

Commitment and Continuity
Incorporate an action framework for higher education into Tech's ongoing administration, operations, and culture for the foreseeable future.

For more information, contact wellbeing@gatech.edu