Wellness Request Form

At Student Wellness we offer a variety of workshops, presentations and other programming for request by student/campus organizations, university classes, and other campus entities.

These are guidelines for requesting a workshop:

- There are 10 or more attendees
- Have at least 60 minutes
- Workshop date is 2 weeks from date of request
- Willing to complete feedback survey
- Have reserved space

Sign up for existing wellness workshops and programs on heellife.unc.edu [1].

This semester we will be offering the following workshops virtually and/or in-person:

- Dimensions of Wellness & Self Care
- Mental Wellbeing
- Bystander Intervention
- Violence Prevention
- Stress Management
- Sleep Strategies & Hygiene
- S.H.A.R.E. Topics
- Alcohol & Other Drug Harm Reduction
- Graduate & Professional Students Needs

We provide support to many students to assist with their campus programming needs. In addition, our social media channels (@unchealthyheels) and email newsletter connects students online with holistic health and wellness information, resources and events.
Use the form below to request support for your wellness workshop. We try to accommodate as many requests as possible, but at times, the volume and timing of requests means we cannot accept everyone. Please try to provide advance notice - ideally 2 weeks - and flexibility. Be specific as to what role you hope we can play at the event.

Name of person requesting Wellness *
Name of entity requesting Wellness *
Contact email *
Contact phone
Event date
Month Day Year
Event start time
hour : minute
am
pm
Event end time
hour : minute
am
pm
Goals of event
Request of Wellness (select all that apply)
Hosting a table at a large event
Formal presentation to a group
Interactive workshop or discussion with a small group
Participating on a panel
Providing educational materials
Providing additional resources and supplies
Providing 1:1 Wellbeing Coaching
Approximate time commitment from Wellness
Additional details we should know
In-person, Virtual, or Hybrid? *
Source URL: https://studentwellness.unc.edu/resources/request-help/wellness-request-form

Links