

## Frequently Asked Questions- Healthy Workplace Committee

*What is the time commitment for a Healthy Workplace Committee member?*

Healthy Workplace Committee meetings generally occur on the first Thursday of every month from 9 a.m. – 10 a.m. Committee members may be required to work on wellness projects individually and with their working groups outside of this time. Attendance at Healthy Workplace events is highly recommended. Teleconferencing options are available for those who cannot attend committee meetings in person.

*What kind of projects do Healthy Workplace Committee members work on?*

The Healthy Workplace Committee aligns itself with the [Okanagan Charter](#). Our four working groups are working on projects in the areas of physical health, psychological wellness, nutrition, and healthy spaces. Projects are typically in person events, programs, or classes, or online resources. Healthy Workplace Committee members are expected to participate in all facets of the project life cycle, including brainstorming, planning, execution, and feedback.

*What are the benefits of volunteering?*

Healthy Workplace Committee members have a distinct opportunity to enhance the overall wellbeing of the McMaster community. Members will be able to build their McMaster network, while participating in professional development opportunity specifically for Engagement and Wellness volunteers. Additionally, Healthy Workplace Committee members are able to develop a strength or skill that they may otherwise not have the opportunity to do, such as project management, marketing, volunteer management, and facilitation.

*I work off-campus, evenings, part-time, or am on a contract. Am I still eligible to apply?*

Absolutely. If you are an active McMaster employee with a passion for health and wellness, we would love to hear from you. The more employee groups we can have representation for, the better.

*How can I receive more information?*

If you have any further questions about volunteering with Healthy Workplace, please contact [healthyworkplace@mcmaster.ca](mailto:healthyworkplace@mcmaster.ca)