

Our Vision

Our vision for the Wellness Leadership@WIT microcredentialing program is to establish a foundation of wellness that promotes long-term, sustainable health habits. Incorporating foundational wellness into daily life sets the stage for a healthier, more balanced, and fulfilling life, providing the essential building blocks for overall well-being. This is vital for mental health, reducing the risk of anxiety, depression, and other mental health disorders.

How it Works

Students are encouraged to participate in as many of the opportunities offered through this micro credentialing program. The four badges are meant to build off of one another and allow room for personal reflections and synthesis of concepts and material.

Wellness Leadership@WIT

Wentworth Center for Wellness

Learning Outcome

Understanding Wellbeing:

- Define wellbeing and the foundations of wellness and understand its importance in personal and professional context
- Discuss the impact of wellbeing on individual performance, engagement, and overall satisfaction

Leadership and Wellbeing:

- Explore how leadership practices influence wellness
- Understand skills for promoting greater engagement, wellbeing, and resilience among peers

Contact Us

For questions about the leadership badging program or to learn more about campus health and wellness services, please contact us. **To access the badging information online, please go to your Brightspace account and use the Discover tab to self-enroll.**

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Email: centerforwellness@wit.edu

Website: www.wit.edu

WWW.WIT.EDU/STUDENT-LIFE/HEALTH-WELLNESS



First Year	Sophomore	Junior	Senior
			
Complete Vector Modules	ONEWIT I	ONEWIT II	Co-Facilitate a ONEWIT Course
Attend Fresh Check Day	Humanities Class	Volunteer to Faciliate a Tabling	Student Leader Position
Complete Foundational Wellness Course	SweetPeers	Go to a Students Wellness Conference	Sweet Peer Mentor (Student Wellness Ambassador)
Bystander Training	Bystander Training II	Mental Health First Aid	Work at FitWell as Personal Trainer/Group Fitness Instructor
DEI focused program	Skip The Small Talk	Join the E-Board or Leadership of a DEI or Wellness club	Join the E-Board or Leadership of a DEI/Wellness Club
Take at least 2: -Group Fitness Classes -Fitness Center Orientation	Take one of Each Group Fitness Classes	Get Certified as a Personal Trainer or Group Fitness Instructor	Plan a wellness focused initiative (if you attended a wellness conference, you can use that as Inspiration)
Attend FitFest	Join a Club Sport	Volunteer at a Club Sport Game Day	Join a Club Sport E-Board or Start your Own Team

