

THE AWARDS ASIA 2021

Workplace of the Year

Institution name: Saint Joseph University of Beirut **No. H8**.....



USJ established USJ *en mission* and *Rise to Bloom* projects to support its members as they face a national economic crisis since March 2020 and Beirut quasi-atomic explosion August 4th, 2020.

83% of staff and faculty members find USJ a favorable workplace

BASIC NEEDS: PHYSICAL & SAFETY

594 families/month supported with food boxes since March 2020

6,362 hot meals delivered to Beirut families over month after explosion

16 tons of glass debris cleaned and recycled from homes and campus

95 damaged homes assessed

53 damaged homes repaired

PSYCHOLOGICAL NEEDS: BELONGINGNESS & ESTEEM

10,000 calls made & received to check on and orient USJ members after explosion

4,200 free individual and group therapy sessions*

5,000 USJ members attended our 33 educational programs on Well-being*

250 USJ members participated in 10 well-being training programs*

300 USJ members participated in 9 teambuilding activities*

SELF-FULFILLMENT NEEDS

815 volunteers from students, staff, & faculty members

100 staff & faculty earned a coaching for well-being certificate

10 winners for inspirational speeches and videos

7 students produced a short series (103,020 reach)

21 faculty and students produced a weekly podcast (103,400 reach)

A VARIETY OF WELL-BEING PROGRAMS USING MULTIPLE ACCESS MODALITIES FOR VARIOUS PURPOSES

One-to-one activities

Small group activities (<12 pple each)

Small public activities (<150 pple)

Large public activities (thousands of audiences)

Counseling

Psycho-therapy

Educating

Serenity & Grit

21 webinars on well-being at work

12 Podcasts on well-being in Lebanon

Training

Telling our story
Staff training
Sharing groups

Mindfulness club
Yoga club | Pilates
Coaching for well-being

Inspiring

Video & Speech competitions

Book club
Hiking

Mandala, Photography
Gardening
Cherry-picking

Series of 5 short episodes
Inspiring videos
Motivating speeches

Read about *THE Awards Asia*