

CUWFA Board Member Candidate Form

YOUR NAME: Andie Rowe	TODAY'S DATE: 3/21/17
INSTITUTION: American University	
YOUR TITLE: Director, Employee Wellness & Work-Life	
E-MAIL ADDRESS: arowe@american.edu	OFFICE PHONE: 202-885-3589
<p>BIOGRAPHIC STATEMENT - 500 word maximum, please (Please include personal and professional history as it relates to work/life issues in higher education and describe your specific areas of interest for involvement in the Board.)</p> <p>I am currently the Director of Employee Wellness & Work-Life at American University. I am also an Adjunct Professor teaching Strategies in Stress Management.</p> <p>I am a results-oriented health care professional with a solid track record designing, implementing and evaluating evidence based wellness and work-life programs. I am a self-motivated and creative team member with a passion for health promotion and wellness.</p> <p>During my three years at American University, I have generated enthusiasm, participation and support from leaders, human resources, departments and teams within all levels of the institution to accomplish important business objectives while focusing on employee well-being. Prior to working at AU, I was the Director of Wellness for Evolent Health and United Health Care of the Mid-Atlantic region.</p> <p>I studied Nutrition and Dietetics at the University of Rhode Island and have a masters' degree from Boston University in Counseling Psychology.</p> <p>Health transcends all people, policies, and offices at American University. The faculty-staff collaboration and ongoing innovative work has helped to create a culture of health on AU's campus. This has led to campus-wide partnerships with Recreational Sports and Fitness, Athletics, Kay Spiritual Center, the Faculty Staff Assistance Program, the Office of Sustainability, Student Wellness, and AU Food Service. One program example that brings together faculty, staff, students and community members are the weekly farmers market that supports local farming.</p> <p>Another programming event was the launch of the Department of Health Studies in the fall of 2015. To celebrate this moment, Human Resources partnered with DHS in November 2015 to invite <i>New York Times</i> best-selling author, Tom Rath, to debut his recent work, a documentary film, <i>Fully Charged</i>, which explores the key elements of energizing one's work and life. Approximately 150 staff, faculty, students, and community members attended the event.</p>	

Based on the feedback and discussions with leadership after the Tom Rath event, AhealthyU developed a new program called Recharge Mondays. In these sessions, led by faculty subject matter experts, AU's Wellness program, AhealthyU, provides tools, inspiration, and guidance on a wide variety of health and wellness topics. Survey results from 2015 indicated that faculty and staff desired programs that would make it easier for people to find other faculty and staff interested in making similar changes. The Recharge Monday program was developed to help establish small but powerful networks to foster higher well-being.

In recent years the increasing demands of higher education have challenged institutions to reinvent themselves to meet higher expectations, increasing student, faculty, and staff diversity, and to exceed accreditation standards. To meet these demands, AU has been exploring ways to increase the engagement of faculty and staff to be more responsive to the needs of students by creating better processes and providing higher levels of customer service. Along with the Human Resources team, AhealthyU's continued alignment with the university's strategic goal to provide an unsurpassed undergraduate education and experience. In addition, to offering programs that promote good physical health, the team has been instrumental in moving the AhealthyU program to address total well-being, thereby helping the university to create engaged, motivated, and productive employees who provide customer service to meet the evolving needs of our students.

I became a CUWFA member in 2016 and joined the Membership Enhancement Committee. I will Co-chair the MEC Committee and would be honored to serve on the CUWFA Board. I hope to represent other new members and offer my wellness and work-life expertise.

