Download and save a copy to your desktop before filling out the fields.

JOHNSON COUNTY COMMUNITY COLLEGE

The Connections CREW invites you to join our Spring 2020 campaign. It's easy…

- Set a personal engagement goal
- Complete at least one activity in each of the four areas
- Share your successes below

Name: _____

Email:_____ Ext. _____

My engagement goal is _____

Fitness & Nutrition

- ☐ Employee Fitness Class
- ☐ Preventative Well-Check
- ☐ Nutrition Workshop
- ☐ Walking Meeting
- ☐ Other _____

Community & Social

- ☐ Corporate Challenge Team
- ☐ Blood Donation
- ☐ Department Potluck
- ☐ Cake War
- ☐ Book Club
- ☐ Department Volunteering
- ☐ Cavalier Athletic Event
- ☐ Other _____

Purpose & Career

- ☐ ProfessionalDevelopment Days
- ☐ Gallup StrengthsFinder/ Everything DiSC
- ☐ Individual Development Plan (IDP)
- ☐ Technical Training Session
- ☐ Other _____

Financial & Security

- ☐ Financial Literacy Review
- ☐ Financial Advisor Meeting
- ☐ Other _____

My engagement successes or insights from this campaign are:

What I liked:

_____

Suggestions for future campaigns:

_____

Sponsored by Connections CREW = Cavaliers Reaching for Engagement & Wellness.

Special thanks to Dale Marrant from Cleveland University for sharing the CU-KC wellness plan.

Email to staffdev.dept@jccc.edu when complete!