

Radford University

Department of Student Recreation and Wellness

Vision

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PREFACE

What does recreation mean? What about wellness? To us, the two are very intertwined. In fact, we view recreation as a subset of wellness. We define recreation as any activity done with no other purpose than leisure. What does this mean? Simply put, we believe there is no outcome from participating in a recreational event that should supersede one's own personal enjoyment. Our idea of recreation is pure fun. Fun can mean different things to different people. The key component is that fun/recreation is experienced on a personal level without the prerequisite of gaining something in the form of an outcome.

Wellness, on the other hand, is a state of being; hence the term “*wellbeing*.” Recreation is just one component helping to make up the greater category of wellness. Wellbeing is an active process where individuals pursue paths toward a more meaningful and successful existence. Wellbeing is curated by investing in healthy self-discovery across the eight dimensions of wellness:

- Physical
- Mental
- Social
- Emotional
- Environmental
- Academic & Professional
- Spiritual
- Financial

By fostering and nurturing exploration of these dimensions, we enhance people's wellbeing. With this in mind, we inspire a culture of wellbeing and recreation while acting as a catalyst for activity, fun and play.

WHO WE ARE

The Department of Recreation and Wellness exists to help others realize they have the capacity to expand and improve their quality of life. We are helpers. We are advocates. We are activists. We are doers. We are people just like you. We have an innate desire to harness every chance to expose our community to the opportunities surrounding them so they may better themselves in any way and any capacity they feel fitting.

WHAT IT LOOKS LIKE

Chaos. We are constantly in motion. We are driven to create positive change. We work together, we challenge each other, and support each other. We provide traditional sports programming, fitness classes, community service trips, personal training, e-sports, outdoor adventure, community, open recreation facilities, educational courses, and so much more. We like to think of ourselves in the context of yet-unrealized potential, “to be,” because we are people of action; people of growth; people of passion.

WHERE WE ARE

We are housed in the Student Recreation and Wellness Center, but the tremors of our presence ripple across campus radiate out into the community. We embrace and facilitate exceptional recreational and wellbeing experiences wherever we are because we believe that wellbeing is just that; a state of being. You can find us on the river front, SORC, residence halls, campus quads, downtown, on a mountain top and of course at home.

WHAT WE PROVIDE

We offer flexible schedules because we believe people come first. We strive to provide educational and professional development opportunities because we all are constantly growing as people and professionals. We provide innovative and progressive programming designed to make people think critically and engage with their thoughts. We offer opposing views because we want to challenge you; because we want to help you become the best you can be.

CULTURE

We are honest and straight forward. We provide situational context and constructive feedback during conflict. We value work/life balance and embrace workplace fun. We believe in the importance of making mistakes because learning from those mistakes can be a most impactful experience. You will find us in the mix of it all; in the heat of battle because we believe in leadership and not management.

MARKETING

Our marketing is real. We don't "do it for the 'Gram." All of our content showcases real-life experiences. It has meaning that resonates with people. People say, "I struggle with that too," "I want to be there," or "that is a great idea!" Our social media, presentations around campus, and community outreach show exactly who we are and what we do. Let's just say we wear our hearts on our sleeves. Our dialogue is authentic, passionate and engaging, our imagery is telling, and our presence is felt.

OUR TEAM

Our team is full of passion. We are a team of 150+ employees but we act like a small family. We are unique individuals first and foremost. We believe in fun and the importance of infusing wellness into our work. We believe in our mission and are constantly in discussion about not only where we are but where we can be. Our leadership team takes care of all the functional aspects of our organization allowing everyone to tap into and unleash their ability to not only accomplish but excel in their areas of expertise.

VALUES

Inclusive- we prioritize the individual over all else. We hold each other accountable and promote awareness of our unconscious biases. Accessibility, empathy, flexibility and community are present in all of our spaces.

Communication- clear, direct and honest conversation with each other is paramount. We are open to change and respect each individual's right to challenge our opinions.

Innovative- we are bold and forward thinking with an unwavering desire to build in the name of quality, efficiency, and excellence.

Rowdy- we are proactive not reactive. We are healthy disruptors for the advancement of our mission.

Integrity- we are resolute in our values. We prioritize right from wrong even in the face of adversity.