



**2023 Women's Health Leadership TRUST
Awards Nomination Form**

Category: **Health & Wellbeing**

Please return all completed nominations to info@whltrust.org no later than **February 3, 2023**.

Nominator Information:

Your First Name:	
Your Last Name:	
Your Title:	
Your Organization:	
Your Email:	
Your Phone Number:	
Your Relationship to the Nominee:	

Award Nominee Information:

Her First Name:	
Her Last Name:	
Her Title:	
Her Organization:	
Her Email:	
Her Phone Number:	
Link to bio or LinkedIn profile:	

Health & Wellbeing: *This award will honor a woman who advances the health and wellbeing of individuals, organizations, and communities.*

Wellbeing is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellbeing is more than being free from illness; it is a dynamic process of change and growth. There are eight dimensions of well-being: occupational, emotional, spiritual, environmental, financial, physical, social, and intellectual. Each dimension is interrelated with another. Each dimension is equally vital in the pursuit of optimum health. One can reach an optimal level of well-being by understanding how to maintain and optimize each dimension of well-being.

Entries will be judged on responses to the following questions:

1. What health care issue(s) is the nominee trying to solve?
2. How is health and wellbeing central to the solution?
3. How is the nominee impacting the health and wellbeing of our community?
4. What is unique about this idea?
5. There is increasing recognition of the importance of Diversity, Equity, & Inclusion in healthcare delivery and in advancing overall health and wellbeing. Please explain how this nominee is actively leading or supporting DEI efforts in the workplace and/or community.

JUDGING CRITERIA

- Entrants should address all questions posed within the category description.
 - Write a concise entry (no more than 1000 words for the total of your entry, excluding contact information). Prepare it carefully, as the judges will review it closely.
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Provide your submission here:

1. What health care issue(s) is the nominee trying to solve?

2. How are health and wellbeing central to the solution?

3. How is the nominee impacting the health and wellbeing of our community?

4. What is unique about this idea?

5. There is increasing recognition of the importance of Diversity, Equity, & Inclusion in healthcare delivery and in advancing overall health and wellbeing. Please explain how this nominee is actively leading or supporting DEI efforts in the workplace and/or community.