

THE WORKPLACE WELLBEING CHAMPION AWARD

Presented live at *“One Thing I Wish You Knew”* — November 15, 2026



AT A GLANCE

WHO NOMINATES

**Employer
nominates a team
member**

ONE EMPLOYEE HONORED

**A single award,
company-wide**

TO ACCEPT

**Winning nominee
must be present**

NOMINATIONS OPEN

August 1, 2026

DEADLINE

**September 30,
2026**

WINNER NOTIFIED

**Mid October,
privately**

CELEBRATED LIVE

November 15, 2026

TO NOMINATE

fcwi.org/nominate

Why This Award Exists

Every year, our community shares what they wish others understood about their struggles and resilience — and workplaces are where so many of those stories begin. This award recognizes the one employee whose employer says, unprompted, “you make our workplace better for others.” It can’t be bought or self-applied for — only earned.

How It Works

1

Employer Nominates

Any employer can nominate their employee with one specific story of a moment the employee showed real care for others wellbeing.

2

A Committee Decides

The U Matter oversight committee of mental health professionals choose one winner privately — no campaigning, no finalists.

3

The Winner Is Told Early

The winning employee and the employer learn on October 15, so they can invite the whole team to attend Nov 15.

4

Winner Accepts, Live

The reveal happens on stage — the winning nominee must be present to accept, alongside the employer who nominated them.

What the Winning Employee Receives

Designed to be genuinely useful — not a certificate that ends up in a drawer.

A Produced Story

\$1,500 VALUE

A professionally produced feature of the winning story — theirs to use freely in recruiting, socials, and press.

The Physical Award

KEEPSAKE

A well-crafted trophy or plaque, built to be displayed — not filed away.

Live Recognition

PRICELESS

Announced on stage Nov 15 — accepted by the winning nominee, alongside the employer who nominated them.

2026 Timeline

AUG 1

Nominations open

SEP 30

Nominations close

Mid OCT

Nominator and winner notified privately

NOV 15

Celebrated live

Why It's Worth Encouraging

It costs nothing to be nominated. Encourage your employers to nominate a team member — not as a favor, but because if your team member ever truly showed up for someone, that story deserves to be told, in public, at the region's largest mental health event.

Nominate at fcwi.org/nominate — takes less than 10 minutes.