



# Doing more by Doing Less: A Sustainable Approach to Wellbeing

Presented by: Karolína Kaslová, Marta Hochmal and Solomon Galindo  
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# Presenters



**Marta Hochmal**



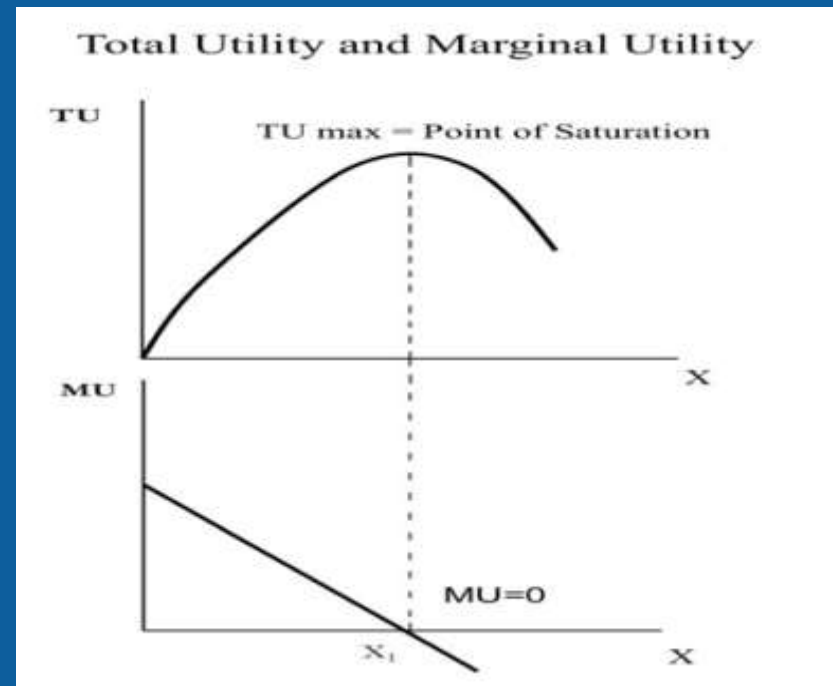
**Solomon Galindo**



**Karolína Kaslová**

# Theory of Total Utility

- **At some point, providing too much support is not useful**



# Administrative Support

- **How do you feel about hand holding University students?**



# Events for students

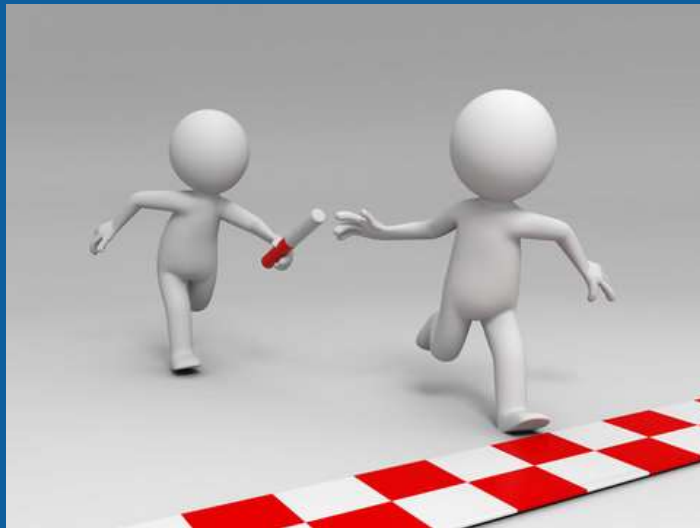
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- **Does more events for students equate to more engagement?**
- **Does more support for students equate to improved mental health?**



# Conclusion

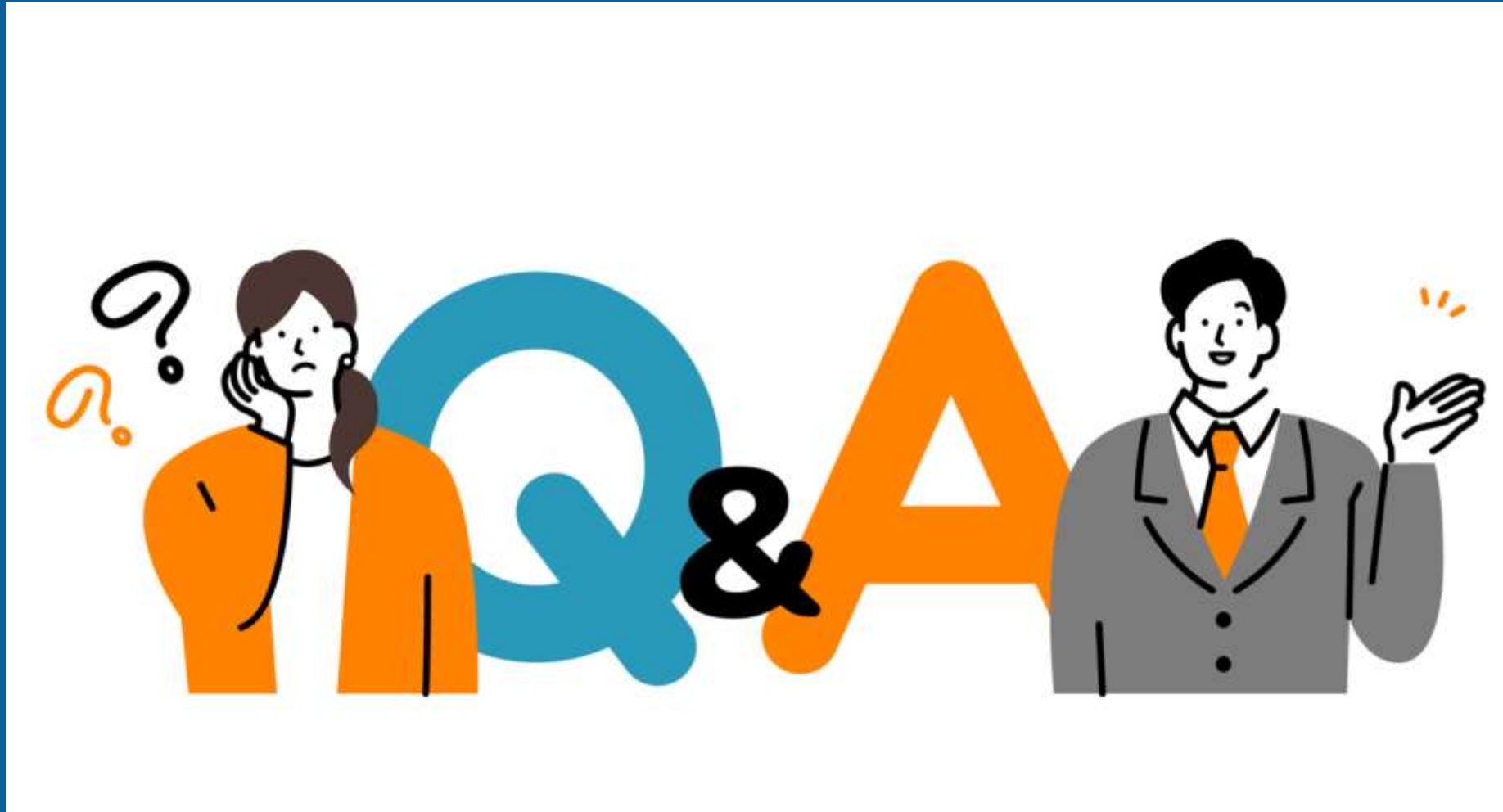
**It's a relay race....**



**...Not a 3-legged race**



**Handing off, not handholding**



# Thank you



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