Wellness Ambassador Job Description

**Purpose:** A Wellness Ambassador is a UVM faculty or staff member who is committed to promoting health and wellness in the workplace and will act as a catalyst for culture change at UVM. Wellness Ambassadors play vital roles in supporting the promotion of health and wellbeing among the University of Vermont’s faculty and staff. Wellness Ambassadors will act as liaisons between their functional areas and the UVM Wellness Council. Wellness Ambassadors serve as UVM’s key communicators of the wellness program helping to direct employees to wellness programs, activities, and resources.

**Role:** This is a voluntary role that will help drive employee participation and engagement in wellness activities, programs and initiatives.

**Time Commitment:** Minimal (1 hour per month)

**Common characteristics for Wellness Ambassadors:**
- Enthusiasm about health and wellness.
- Ability to be an advocate for working towards a healthier lifestyle.
- Solid communication, motivational, and interpersonal skills.

**Role of Wellness Ambassadors:**
- Share information provided by the Wellness Council on upcoming wellness activities, events, and programs.
- Forward bi-weekly electronic wellness updates to your functional area.
- Participate and recruit faculty and staff to participate in wellness programs and activities.
- Encourage healthy habits in the office by encouraging movement breaks, walks at lunch, healthy eating or other creative ways to get moving, eat healthy, and relieve stress in the workplace.
- Identify potential ideas, strategies, and programs for enhancing wellness and a healthy culture/work environment and share them with the Wellness Council.

You must obtain support and approval for your role as a Wellness Ambassador. Please discuss this role and its expectations with your supervisor.

**Benefits to becoming a Wellness Ambassador:**
- Opportunity to be informed on the latest wellness programs and communicate them to coworkers and campus departments.
- Access to information, tools, and resources for a healthier lifestyle.
- Building peer, professional, and cross-campus relationships.
- Active participation in fostering a culture of wellness on campus.
- Invitation to an annual recognition luncheon, awards ceremony, and semi-annual meetings.

**Support:**
Wellness Ambassadors receive support from the Wellness Council. Health handouts, tips, resources, referrals, online links, in-house presentations, and workout sessions can be provided at any time.

**To become a UVM Wellness Ambassador contact:**
Kait Bedell, HR Operations Coordinator, Benefits and Employee Relations at Kaitlyn.Bedell@uvm.edu or 802-656-3108.

*The Wellness Council is so thankful for your assistance as a Wellness Ambassador!*