**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 act as a catalyst for culture change at UVM. Wellness Ambassadors play vital role in supporting the promotion of health and wellbeing among the University of Vermont’s faculty and staff. Wellness Ambassador will act as a liaison between their functional area 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 (3 hour per month)

**Common characteristics for Wellness Ambassadors:**

* Enthusiasm about health and wellness.
* Ability to be an advocate for or working towards a healthier lifestyle.
* Solid communication skills, 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 health 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 on 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 apply @ www.uvm.edu/hrs/wellness/connect-us**

**If you have questions contact:**

Lauren Cartwright, HR Wellness Program Specialist at Lauren.cartwright@uvm.edu or 802-656-2696.