**Wellness Ambassador Role**

**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 a vital role in promoting health and wellbeing among the University of Vermont’s faculty and staff. Wellness Ambassadors serve as **UVM’s key communicators** of the wellness program helping to direct employees to wellness programs, activities and resources.

**Time Commitment:** Attendance at quarterly meetings, which provide wellness updates and trainings.

**Common characteristics for Wellness Ambassadors:**

* Enthusiasm about health and wellness.
* Willingness to promote and communicate UVM Employee Wellness programs.
* Serves as a role model by participating in at least two wellness offerings per year.

**Role of Wellness Ambassadors:**

* Responsible for awareness of Employee Wellness programs within assigned area. (Emails, bulletin boards, department meetings, etc.)
* Participate and encourage engagement 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 and programs for enhancing wellness and a health culture/work environment and share them with the Wellness Council.

**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.

Please discuss this role and its expectations with your supervisor.

**If you have questions about this role or interested in becoming a Wellness Ambassador, contact:**

UVM Employee Wellness Email: [EmployeeWellness@uvm.edu](mailto:EmployeeWellness@uvm.edu) Phone: 802.656.3150