

# Hope Wellness Ambassador

## Wellness Mission

Hope College Wellness seeks to inspire, educate, and promote healthy living for faculty and staff. We desire to create a culture that has an excellent quality of life by addressing the whole person — body, mind and spirit.

## The Role of a Hope Wellness Ambassador

**Purpose:** To promote Wellness in your department and/or building through support of the Wellness Committee and Hope's Wellness Program.

**Qualifications:** Acknowledgement of the value of Wellness in the workplace and a strong desire to promote both personal and faculty/staff Wellness.

### Commitment

- Monthly meetings, including 2 luncheons per year
- 1 to 2-year commitment (rolling commitment year one)

### Role

- 1. Model a Wellness lifestyle in your department and building**
  - Participate in Hope Wellness programs and encourage others to be active participants.
  - Encourage and inspire Hope faculty and staff to live healthy, happy, and productive lives.
- 2. Familiarize yourself with Hope Wellness programs and opportunities**
  - Program portal
  - Classes
  - Challenges
  - Wellness drop-ins
  - Special events
- 3. Communicate Hope Wellness program information to co-workers in your department, division, and/or building**
  - Promote programs by word of mouth.
  - Promote programs in your department meetings.
  - Post Wellness communications in strategic locations in your department/building.

## The role of OnSite Wellness and the Wellness Committee

- Establish a network of Ambassadors.
- Provide training, information, and updates on new and existing programs.
- Listen to and respond to suggestions from Ambassadors.
- Inspire and encourage Ambassadors.

## The Importance of Wellness Ambassadors

Developing a culture of Wellness within an organization can only succeed when members of the organization feel supported and encouraged and have a common goal. Achieving this goal would be almost impossible without the help of a network of individuals throughout the organization, especially in a large and diverse workforce. Ambassadors can reach closer to smaller groups of individuals. They are the "face" of the program.

## Are there benefits for being a Wellness Ambassador?

Ambassadors play an important role in improving the health and Wellness of the college. As such, Ambassadors are recognized as playing a leadership role on campus! Ambassadors are the first to know about Hope Wellness opportunities and receive training and knowledge of Wellness best practices. A goal of the program is to be able to provide Ambassadors with periodic incentive gifts and invitations to luncheons, pending annual budgets.