UC Wellness Ambassadors-Overview

PURPOSE, ROLE & RESPONSIBILITIES

Wellness Ambassadors are needed to help facilitate a culture of health at the University of Cincinnati to improve the health and happiness of our faculty and staff. Consider applying if you have an interest in health and wellness, want to advocate for yourself and colleagues and if you want to be a role model for a healthy lifestyle.

Ambassador Role & Responsibilities & Qualities

- Serve as a liaison between your unit, Be Well UC and the Wellness Advisory Committee.
- Help increase the visibility of Be Well UC across campus.
- Have enthusiasm for sharing health and wellness information and have great communication skills.
- Participate in wellness activities like: Benefits Fair, Screening Events, Team Challenges, Lunch and Learn
- Schedule wellness activities for unit or college that meet the needs of colleagues.
- Stay up to date and familiar with all Be Well UC marketing and initiatives & answer questions for colleagues
- Communicate Be Well UC updates and stay connected to Wellness Ambassador team.
- Provide a positive, healthy role model for others to emulate and provide motivation for participation.
- Solicit feedback and stay involved in the continuous improvement and evolution of the Be Well UC.
- Find unique individuals on campus to highlight and share their successes with our team.

TIME COMMITMENT

Our goal is for your small time commitment to make a big impact. We ask that our Wellness Ambassadors:

- Serve a 2-year term (can hold consecutive terms) running July 1-June 30.
- Attend training 1:1 or with small group.
- Send monthly communications within your department and help recruit participation in program.
- Provide a kick-off meeting for department 1x/semester with materials provided.
- Participate in wellness activities as available.

CRITERIA FOR SELECTION

- Current University of Cincinnati faculty or staff member.
- Interest and time (see above) to actively promote health and wellness within your unit.
- Commitment to serve as a role model for health and wellness
- Permission from supervisor to engage in Wellness Ambassador role.

WELLNESS AMBASSADOR BENEFITS

In return for your service, we will provide you with the following benefits:

- Receive Ambassador swag
- Be informed with the latest information about the Be Well UC program
- Recognition on website and in university-wide communication
- Learn more about being a healthy role model
- Build peer, professional and interdisciplinary relationships
- Play an important role in improving the wellness of the greater University community

Still have questions? Reach out to our Wellness Coordinator, Ashley Varol at 513-556-3729 or Ashley.Varol@uc.edu