



# UCI Wellness Ambassador



## UCI Wellness Ambassadors

### Roles and Responsibilities

- Promote UCI Wellness programs, resources, and events within your department or work unit
- Serve as a liaison for the UCI Wellness Program
- Support strategic health improvement initiatives by implementing wellness programs within your department or work unit (e.g., use bulletin boards, host a healthy potluck, schedule a guest speaker or activity, organize a lunch time walk or activity burst, etc.)
- Help create and support a culture of health at UCI

### Time Commitment

- Annual, 1 hour Ambassador Training Orientation suggested but not required
- Ongoing time commitment is minimal; primary expectation is communication role
- Optional monthly meetings and networking events
- Optional coordination of department/unit wellness programs

### Benefits of Being a UCI Wellness Ambassador

- Be an active participant in fostering a healthy workplace and culture of health for UCI
- Bring Wellness activities and resources to your department or work unit
- Motivation and support to achieve personal health and wellness goals
- Career growth and skill building in communication, facilitation, and marketing
- Peer, professional, and cross-UCI relationships and networking
- Recognition for service as a Wellness Ambassador

Questions? Email Dyan Hall, [dyhall@uci.edu](mailto:dyhall@uci.edu)

More Information: [www.wellness.uci.edu/ambassador.html](http://www.wellness.uci.edu/ambassador.html)

## Join the UCI Wellness Ambassador Team on Campus

UCI Wellness Ambassadors are a voluntary group of employees at UCI that care about their personal well-being and the well-being of others.

Ambassadors play a vital role in supporting the promotion of health and wellness among co-workers within their departments and serve as key communicators helping drive participation and engagement in UCI Wellness programs, resources, and events.

## Help build a healthy culture at UCI

Sign up at [www.wellness.uci.edu/ambassador.html](http://www.wellness.uci.edu/ambassador.html)

### I am a manager/supervisor. Do I have to hire someone to be a Wellness Ambassador?

No, you do not have to hire someone to fill the role of Wellness Ambassador. This role is carried out by a UCI faculty or staff interested in volunteering for this role.

### Is the role of the Wellness Ambassador a paid position?

No, the role is completely voluntary.

### What is the time commitment to be a Wellness Ambassador?

Minimal, given that the role of a Wellness Ambassador is primarily sharing monthly communication from the UCI Wellness program. We request but do not require participation in an annual 1 hour training/orientation and monthly lunchtime meetings.

### What is the application process to become a Wellness Ambassador?

Step 1 - Register online by completing UCI Campus Ambassador Registration Form.

Step 2 - Get your supervisors' approval and complete a follow-up Interest Survey.

Step 3 - Attend/View the Annual Ambassador Orientation.

Once you have completed all 3 steps you will be listed as an official UCI Wellness Ambassador for the UCI Campus and will receive an official badge and other giveaways.

### What type of experience (educational or work experience) or wellness knowledge is required for the Wellness Ambassador role?

No wellness experience is required for the role. You just need a passion for health and wellness, and a willingness to spread it around.

### I am interested in being a Wellness Ambassador for my unit, but I fill several other roles (SOS Rep, etc). Would it be possible for me to take on this additional role?

Yes, you can definitely be a Wellness Ambassador! In fact, serving as a Wellness Ambassador can enhance the skills you already have.

### How long would I serve as a Wellness Ambassador?

While there is no formal time frame, we ask that you commit to service as a Wellness Ambassador for a minimum of 1 calendar year.

### My department is not contained in one area or building; all our employees are located in various buildings and locations throughout campus. Can I still be a Wellness Ambassador for my department?

Yes, you can act as the wellness ambassador for your specific area/location or your entire department. You may also want to have several Wellness Ambassadors for your department.

### Can there be more than one ambassador in each department or work unit?

Yes, we encourage anyone that is interested to join. This is especially true for very large departments, where there could be several Wellness Ambassadors communicating with smaller work groups within that department.

### How will the program work?

You will receive monthly emails from us outlining upcoming wellness activities and ongoing workshops and events. Simply forward on information, promote in your work area or meetings, and encourage participation. If you choose to step it up a little, you can choose to do additional activities and will have access to the Ambassador Toolkit which includes resources and ideas of things you can incorporate into your workplace or unit.