Be a “Wellness Ambassador”
UCR Wellness Ambassador Description

**Purpose:** Wellness Ambassadors play a vital role in supporting the promotion of health and well-being among UCR faculty and staff. Wellness Ambassadors serve as UCR’s key communicators of the Healthy Campus and Faculty and Staff Wellness Program, helping to direct employees to wellness programs, activities, and resources.

**Role:** Voluntary role to help drive employee participation and engagement in wellness activities.

**Time Commitment:** Minimal (1 hour per month)

**Common characteristics for Wellness Ambassadors:**
- Enthusiasm about health and wellness
- Able to be an advocate for or working towards a healthier lifestyle
- Good communication skills, motivational and interpersonal skills

**Role of Wellness Ambassadors:**
- Market and publicize wellness activities and programs on campus
- Recruit faculty and staff to participate in wellness programs and activities
- Participate in wellness programs and activities
- Identify potential ideas, strategies & programs for enhancing wellness and a healthy culture/work environment
- Work with supervisor and co-workers to create a healthy work culture (e.g. organize group walks during lunch or break times, recommend ordering of healthy foods and beverages for meetings, celebrations and potlucks, coordinate healthy lunches, hold walk and talk meetings and stretch breaks, identify creative ways to eat healthy and manage stress at work).

You must obtain support and approval for your role as a wellness ambassador. Please discuss this role and its expectations with your supervisor.

**Wellness Ambassadors will be advised by the:**
- UCR Faculty and Staff Wellness Program Coordinator who will provide guidance and direction, consultation, and information to Wellness Ambassadors

**Benefits to becoming a Wellness Ambassador:**
- Receive wellness goodies
- Opportunity to be informed with the latest wellness programs and events to communicate to your coworkers and campus departments
- Information, tools and resources for a healthier lifestyle
- Peer, professional, and cross-campus relationships
- Be an active participant in fostering a culture of “wellness” on campus
- Recognition for service as Wellness Ambassador

**Orientation and Training:** All new Wellness Ambassador’s will attend a 30-minute orientation.

**To Become a Wellness Ambassador contact:**
Julie Chobdee, MPH, Wellness Program Coordinator at Julie.Chobdee@ucr.edu or 951-827-1488.