

WellBeing Champion Overview

WellBeing Champion Goals

The primary goals for the WellBeing Champion network are:

1. Increase communication. Increase communication throughout ISU about ISU WellBeing resources, specifically in the area in which you work.
2. Increase program enthusiasm. Generate excitement about Adventure2 by actively encouraging co-workers participation.
3. Improve programming satisfaction. Provide insight and direction on employee needs and interests by reviewing data and feedback.
4. Know the pulse of your environment and provide feedback to ISU WellBeing.

WellBeing Champion Description

As WellBeing Champions, we serve as an inspirational voice for our university regarding employee health, well-being and work-life balance. We serve as a resource to promote ISU WellBeing and support employees on their journey toward better well-being and engagement.

Qualities of a WellBeing Champion include:

- A WellBeing Champion is an enthusiastic staff member who possesses a passion for whole-person well-being and a desire to promote employee well-being and engagement.
- A WellBeing Champion sincerely wants to help fellow employees enhance their quality of life.
- A WellBeing Champion encourages employee commitment to Adventure2 and other ISU WellBeing resources to help the program succeed.
- A WellBeing Champion has a sense of fun, is enthusiastic, and is positive and open in support of their colleagues' pursuit of health and well-being.

Terms of service

A WellBeing Champion is encouraged to serve a minimum of one year to this team and dedicate no more than 5 percent (2 hours per week) of time to this role.

WellBeing Champion Responsibilities

- Actively support ISU WellBeing's effort to cultivate the conditions where well-being and healthy lifestyles can thrive every day.
- Develop a solid understanding of ISU WellBeing including the program's goals and objectives, as well as recommended well-being activities and services.
- Help promote Adventure2 by overseeing the program for your colleagues.
- Represent coworkers by collecting ideas and feedback about the program.
- Volunteer to assist in the implementation and coordination of well-being initiatives for your colleagues.
- Share information, engage colleagues to participate in Adventure2 and create excitement around well-being.
- Assist in getting communications to employees at your location regarding ISU WellBeing program offerings.
- Participate in onsite well-being programs and promoting employee participation.
- Attend a monthly conference call/meeting with other ISU WellBeing Champions.
- Follow the monthly health observances calendar and identify resources to host topical webinars and other suggested events at your location.
- Help secure meeting space for events at your location.
- Track and provide program participation numbers to ISU WellBeing as requested.
- Help us to achieve program goals for challenge participation.
- Communicate with the ISU WellBeing Coordinator for assistance in implementing well-being initiatives, share feedback and relay information.
- Review unit/aggregate metrics and provide suggestions and direction for improving program or employee participation.
- Review program results and outcomes with leadership members.