

## WellBeing Champion Traits

1. **WellBeing Champions love people.** Like anyone else, they want a productive workforce and they want to be compliant with recent healthcare legislation, but they operate from a motivation that trumps all others: [they love people — they care for their employees](#). They want the employee to be healthy — for the benefit of the employee.
2. **WellBeing Champions have a passion for well-being.** They live with an underlying conviction that their organization will never reach its potential without a healthy and highly engaged workforce. They won't rest until they know well-being permeates the organization's culture and work environment.
3. **WellBeing Champions are committed to personal well-being.** A passion for well-being will be evidenced by personal zeal for life. This has everything to do with balance and joy in life, including having purpose, demonstrating kindness, eating well, moving every day and persistent efforts toward emotional and spiritual health. They will "walk the talk" as role models of *"living their best life"*.
4. **WellBeing Champions are fiscally responsible.** WellBeing Champions understand importance of being great stewards of university resources. They know how employee well-being contributes to the organization's financial success.
5. **WellBeing Champions exhibit organizational skills.** Like a General Manager for a Major League Baseball team, the WellBeing Champion doesn't need to be able to play every position on the field. Rather, they need to be skilled in bringing all the components together to fulfill the well-being goals of the organization.
6. **WellBeing Champions are effective leaders.** They are [learners](#), [listeners](#), [team players](#) and emotionally intelligent. They are inspiring and visionary. When they take a walk, others follow.
7. **WellBeing Champions gain trust.** They gain the trust of senior leadership and colleagues. They are effective in leading-up by providing senior leaders with the metrics and research which compels them to join in leading the efforts toward well-being.
8. **WellBeing Champions execute.** They not only devise great plans, they follow through. They have wonderful ideas, and even better implementation. Pretty pie charts, graphs and strategic plans spark the imagination and execution ushers in results.
9. **WellBeing Champions are great communicators.** They listen to their colleagues and leaders and they provide feedback to ISU WellBeing. They know feeling heard is critical to feeling valued.
10. **WellBeing Champions are creative chefs.** WellBeing Champions discard the cookie cutters and create unique menus of well-being offerings that appeal to their distinctive culture and needs. They find ways to reduce [workplace stress](#) and assist employees in coping with life outside of work.
11. **WellBeing Champions know how to have fun.** They know how to drive employee engagement in well-being initiatives by making it fun. They can drive competition and create laughs on the path to well-being.