UCR Wellness Ambassador Description

**Purpose:** Wellness ambassadors play a vital role in supporting the promotion of health and wellness among UCR faculty and staff. Wellness ambassadors serve as UCR’s key communicators of the 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.

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 a free wellness goody bag and other wellness goodies and recognition
- 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:**
- Attend a 1 hour orientation/ training annually

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