

# Wellness Champions Network

## Western University

### What is a Wellness Champions Network?

A wellness champion network is a group of faculty, staff, and graduate students that will work together with the Living Well @ Western team to create an environment that promotes and supports the health and well-being of employees at Western.

Wellness Champions are:

- Passionate about health and wellness and are firm believers that wellness initiatives can bring about a real change in the lives of employees
- People who will lead by example and strive to be positive health role models
- Liaisons that help spread awareness about the available resources and energize employees about their own health and wellness
- Facilitators who foster engagement and participation in available programming that will improve mind, body, and soul
- People who are champions of the organizational wellness strategy
- People who help bring to life the wellness strategy and help incorporate it into all the we do at the university

### What does it take to be a Wellness Champion?

Acting as a point of contact within the organization, the wellness champion will promote and assist with the implementation of wellness opportunities for employees. Tasks may include initiating things like walking groups or health promotion events and directing employees to available on-campus supports and resources. Wellness Champions will have a basic understanding of the principles of health and well-being and promote them within their respective area.

Wellness champions can be nominated or will volunteer themselves. Faculty and staff involved in the network need to be able and willing to dedicate time to the role, and they need to have the support of their supervisor or manager for the responsibilities and expected time commitment of being a champion. It's anticipated that champions will average 1-2 hours per month on wellness activities within their respective units.

## Roles and Responsibilities

- Champion of a unit/department
- Communicate and promote Living Well @ Western events in department
- Provide feedback regarding programming
- Meet as a network (once per term)
- Attend the Wellness Champion Training Workshop (information below)

## Wellness Champion Training Workshop

- What it means to be a Wellness Champion
  - Living Well @ Western's Wellness Strategy
  - Overview of on-campus supports and resources
  - Overview of community supports and resources
  - Evaluating programming: metrics
  - Communication strategies to promote the Living Well @ Western brand
- Wellness Activities

## Contact Information

If you are interested in becoming a Wellness Champion for your area, or you know someone that would make an excellent candidate, please send an email to:

[livingwell@uwo.ca](mailto:livingwell@uwo.ca)

For more information about our programming, please visit our website:

[https://www.uwo.ca/hr/safety/well\\_being/wellness/living\\_well/index.html](https://www.uwo.ca/hr/safety/well_being/wellness/living_well/index.html)

*Live Well. Be Well.*