



## Wellbeing at Work

**Wellbeing Champion:** Alongside the Worksite Wellbeing Manager, the role of the Wellbeing Champion is to use their energy and passion to inspire their departments to improve overall health and wellbeing.

Across the Board of County Commissioners and 6 Constitutional Agencies - over 75 worksites county wide - Department Supervisor support and the Wellbeing Champion role is critical to the success of the W@W program. This program was established to recognize the great things worksites are already doing, provide support and resources, and report on outcomes and learnings.

**The Worksite Goal:** Aligning with the Wellbeing Philosophy, the Wellbeing Manager will provide wellbeing opportunities, education, and resources for the Wellbeing Champion to choose from. Examples include fitness challenges, hosting an Advocate to learn about their services/programs, or promoting a 5-minute stretch break. Worksites will then have the opportunity to earn varying levels of achievement; Bronze, Silver, Gold, or Platinum based on which programs and activities they bring to their worksite.

### What we are asking from Wellbeing Champions:

- Promote our programs with positivity to your staff
- Help bring programs, education, seminars, etc. to your worksite by reserving a room, emailing promotion of events, printing and posting flyers, etc.
- Track your activities and promotional efforts in a simple scorecard we will provide to you. The scorecard will list activity options and their points value which are accrued to earn a level of achievement.
- Submit that Scorecard with the required documentation by Dec 1, 2021

Signature of Champion: \_\_\_\_\_

Signature of Supervisor: \_\_\_\_\_