



Wellness Ambassador Description

Wellness Ambassadors play a vital role in the Faculty and Staff Wellness Program at UC Santa Cruz! As an Ambassador, you will serve as a key communicator for all things Wellness. You will help promote a culture of health in your department and share information regarding activities and resources available to faculty and staff.

Role: † Voluntary role to help engage faculty and staff participation in wellness programs, events and activities.

Time Commitment: Minimal (approximately 1 hour per month).

Common characteristics of wellness ambassadors:

- Passionate about health and wellness.
- Willingness and enthusiasm to serve as an advocate for a healthy lifestyle.
- Good communication skills, motivational and interpersonal skills.

Role of Wellness Ambassadors:

- Communicate wellness-related activities and programs in your department.
- Participate, and help connect faculty and staff with wellness resources.
- Identify potential ideas, strategies & programs for enhancing departmental wellness.

Benefits in becoming a Wellness Ambassador:

- Receive a free wellness goody bag and other wellness goodies and recognition.
- Opportunity to be informed about the latest wellness programs and events to communicate to your coworkers.
- Information, tools and resources for a healthier lifestyle.
- 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.
- Wellness Ambassadors will be provided guidance, consultation and information by the UC Santa Cruz Employee Wellness Coordinator.

If you are interested in serving as a Wellness Ambassador, contact: Cindy Delgado at cadelgad@ucsc.edu or 831.459.1787

UC Santa Cruz Faculty and Staff Wellness Ambassador Application

Wellness Ambassadors are an integral partner with the UC Santa Cruz Faculty and Staff Wellness Program supporting the health and well-being of Faculty and Staff and a healthy workplace. Wellness Ambassadors serve as a resource for their colleagues by promoting the UC Santa Cruz Faculty and Staff Wellness Program and events. Service as a Wellness Ambassador is conducted during non-work time (breaks, lunch, after hours) and will require about 1 hour per month.

Requirements of a Successful Wellness Ambassador:

- Enthusiasm for the role, passion for wellness, and desire to be an advocate for a healthy lifestyle.
- Access to and comfort using email.
- Ability to use judgment regarding the type and frequency of communication to coworkers.

Roles and Responsibilities:

- Share 1-2 announcements from the UC Santa Cruz Faculty and Staff Wellness Program per month (these are delivered by email, typically via newsletter). The mode of communication (email, bulletin boards, etc.) is at the discretion of the Wellness Ambassador.
- Bring new initiatives to your department (e.g., develop a healthy potluck day, schedule a wellness presentation or activity, or organize a lunch time walk, etc.) Ideas and additional suggestions will be discussed.
- Share your successes with the Wellness Coordinator!

To promote positive working relationships and advance a campus culture of health and wellbeing, Wellness Ambassadors are encouraged to notify their supervisors and seek their support for this volunteer service.

Name:

Department:

Email:

Phone Number:

Applicant Signature: _____ Date:

Please email your completed application to Cindy Delgado, at cadelgad@ucsc.edu.