



FREQUENTLY ASKED QUESTIONS

BECOMING A UC BERKELEY WELLNESS AMBASSADOR

■ ***What are the requirements to be a Wellness Ambassador?***

As a Wellness Ambassador, you should have the ability to:

- **Identify** and **create** a distribution list of your workgroup, colleagues in your department and/or campus friends with whom you are able to share program communications.
- **Share** Health*Matters Wellness Program monthly newsletter with your Distribution List.
- **Help** create a culture of health by posting program flyer announcements with your distribution list.

■ ***I am a manager/supervisor. Do I have to hire someone to be a Wellness Ambassador?***

No, you do not have to hire someone to fill the role of Wellness Ambassador. This role is carried out by a staff person interested in volunteering for this role.

■ ***Is the role of the Wellness Ambassador a paid position?***

No, the role is completely voluntary.

■ ***What is the time commitment to be a Wellness Ambassador?***

Given that the role of a Wellness Ambassador is primarily sharing monthly communication from the Be Well at Work – Wellness program, the time commitment is approximately 1 hour per month. In addition, Wellness Ambassadors are encouraged to attend trainings in August and January. These trainings provide valuable information on upcoming faculty/staff workshops and resources and featured programs during the semester.

■ ***Is there an application process to be a Wellness Ambassador?***

There is a short online form to complete stating your interest in being a Wellness Ambassador. You will be asked to provide your name, email, campus phone, department, building location and a description of your distribution list (for example workgroup, department or campus friends) and how many on the list. Once completed, you will receive an email confirmation from **Cori Evans, Wellness Ambassador Program Coordinator**.



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- ***What type of health experience (educational or work experience) is required for the Wellness Ambassador role?***

No health experience is required for the role, just a passion for health and wellness, and an interest in helping to create a positive and healthy work environment.

- ***I am interested in being a Wellness Ambassador for my unit, but I fill several other roles (Department Safety Coordinator, Computer Workstation Evaluator, Building Coordinator, etc). Would it be possible for me to take on this additional role?***

Yes, you can definitely be a Wellness Ambassador! In fact, serving as a Wellness Ambassador can enhance the skills you already have.

- ***How long would I serve as a Wellness Ambassador?***

While there is no formal time frame, we ask that you commit to serve as a Wellness Ambassador for a minimum of one year.

- ***My department is not contained in one area or building; all our employees are located in various buildings and locations throughout campus. Can I still be a Wellness Ambassador for my department?***

Yes, you may have several Wellness Ambassadors within one department. This is especially true for very large departments, where there may be several Wellness Ambassadors communicating with smaller work groups within that department.

For more information contact, Cori Evans, Wellness Ambassador Coordinator at corievans@berkeley.edu.