

# Wellness Ambassador Roles & Responsibilities



UC Berkeley Wellness Ambassadors are staff or faculty volunteers who play a vital role in supporting Be Well at Work Wellness Program by promoting health and wellness programs to your coworkers, department, and/or friends on campus. Any UC Berkeley faculty or staff can volunteer to be a Wellness Ambassador.

Goals	Benefits
Serve as key communicators of UC Berkeley wellness programs, activities, and resources for faculty and staff.	Provides motivation to stay committed to your own health and wellness goals.
Support engagement in campus programs, services, and events.	Enhances your communication and planning skills.
Recognize both individual and department efforts to create a healthy workplace.	Contribute to a healthy workplace and work culture and receive annual recognition.

Primary Responsibilities	Optional Responsibilities
Create an email distribution list, which can be your workgroup, your entire department, and/or campus colleagues/friends.	Organize a department workshop or Health Improvement Program (i.e. Know Your Numbers Health Screening).
Share Be Well at Work Wellness Program monthly newsletter and flyers with distribution list.	Introduce a Healthy Workplace Campaign: Take the Stairs, Healthy Meetings.
Participate in a training at the start of each semester for program updates.	Complete the Healthy Department Certification application with a committee.

## Time Commitment

- Monthly: about 1 hour
- Minimum 1 year

