



UMBC Wellness Ambassadors Program

Program Purpose:

The purpose of the Wellness Ambassadors Program is to assist in expanding UMBC's culture of wellness, increasing individual and departmental awareness, participation, and engagement in the many campus resources, events, and programming opportunities that exist for faculty and staff.

Who Are Wellness Ambassadors?

UMBC Wellness Ambassadors are first and foremost UMBC faculty and staff members who care deeply about their own health and wellness and that of their colleagues. Wellness Ambassadors serve as each department's point of contact, connecting members to existing and upcoming available events, programming, and resources on campus. Ambassadors also provide important input to the UMBC Wellness Initiative that aids in the ongoing planning and implementation of initiatives that serve the needs of the faculty/staff community. Ambassadors play a critical role in leading and inspiring their department members to make healthy choices every day for a healthier lifestyle.

Roles and Responsibilities:

- Spend 1-2 hours a month marketing and sharing new wellness opportunities with faculty/staff in your department and/or division (via email, myUMBC, WIN website, at department meetings, etc.);
- Attend 3 Wellness Ambassador Meetings per year (kick-off in September, December, and closing in August);
- Collaborate with department head and members of the Wellness Initiative Collaboration Team on sharing needs and identifying potential strategies & programs for enhancing UMBC's culture of wellness;
- Participate in wellness programs and activities and encourage participation among fellow department campus faculty and staff.

Ambassadors must obtain their supervisor's support and approval before committing to a 1-year term as a UMBC Wellness Ambassador.

Benefits to becoming a Wellness Ambassador:

- Opportunity to play a leadership role in positively influencing the health and well-being of your co-workers and contributing to expanding UMBC's culture of wellness;
- Opportunity to assist in developing and supporting a culture of health and wellness within your department;
- Recognition for service as Wellness Ambassador;
- Opportunity to build and strengthen peer and professional relationships across campus;
- Receive wellness swag and giveaways in appreciation of your role as a Wellness Ambassador.

To volunteer, please fill out our online form:

https://docs.google.com/a/umbc.edu/forms/d/1YCPD0EEda8FI1yqRMx1_igqPGFiW-RsbFzqi9JwdNhq/edit?usp=drive_web

We will contact you during the summer about our program launch in September!

Questions?

Contact UMBC's Manager of Workplace Learning and Wellness: Jill Wardell.
jwardell@umbc.edu. Ext: 5-1442. Admin 508.