Employee Wellness Ambassador

Roles and Responsibilities

- Serve as a liaison between department/regional campus and the Director, Employee Wellness
- Promote university-sponsored employee wellness programs and activities that support good health and improve quality of life (i.e. May assist in coordinating rooms, technology at your location, wellness challenges, etc.)
- Act as a champion for wellness and catalyst for change
- Provide feedback to the Employee Wellness Director
- Support and endorse strategic health initiatives by personal participation
- Distribute approved communications, resources, or prizes to those participants in your designated area

Characteristics of a Successful Wellness Ambassador

- Enthusiasm for the role
- Ability to assist in the delivery of wellness programming to the department/regional campus level
- Accessibility and consistent checking of kent.edu email
- Demonstration of sound independent judgment in terms of modes and frequency of wellness communication to colleagues
- Willingness to generate and share ideas

All Employee Wellness Ambassadors must obtain supervisory support and approval to act in the volunteer role via an application process. Serving as an Employee Wellness Ambassador should require no more than two to three hours of time per month. All Employee Wellness Ambassador assignments are voluntary and any scheduling or work conflicts should be reviewed with your supervisor. Your application must be reviewed and approved by your supervisor.
Employee Wellness Ambassador Application

An Employee Wellness Ambassador is a Kent State faculty or staff representative who voluntarily serves as a liaison between the Director of Employee Wellness and the respective department, college or regional campus. The goal is to engage employees at the local level in the university-sponsored employee wellness programs and initiatives. All potential Employee Wellness Ambassadors must discuss this application with their immediate supervisor/manager to ensure managerial support for the role and the expected time commitment of no more than two to three hours per month.

Name ______________________________ Position ______________________________

Department ______________________________ Campus ______________________________

KSU Email Address ______________________________@kent.edu  Shirt Size ___________

Approximately how many employees do you interact with in a day? _______________

Why do you wish to serve as an Employee Wellness Ambassador?
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Supervisor/Manager Name (printed) ______________________________

Supervisor/Manager Signature ______________________________ Date ___________

Applicant Signature ______________________________ Date ___________

Please return completed application to Kim Hauge, Director, Employee Wellness at (fax) 330-672-5447 or wellness@kent.edu.