



Wellness Ambassador Description

Wellness Ambassadors play a vital role with 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 program, 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.

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 and strategies for enhancing departmental wellness.

Benefits in becoming a Wellness Ambassador:

- Receive a free wellness goody bag and other wellness goodies.
- Opportunity to be informed about the latest wellness programs and events to communicate to your colleagues.
- 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.
- Wellness Ambassadors will be provided guidance, consultation and information by the UC Santa Cruz Faculty & Staff Wellness Program Coordinator.

If you are interested in serving as a Wellness Ambassador, contact: Jessica Bulleri at jbulleri@ucsc.edu or 831.502.7375

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 and desire to be an advocate for a healthy lifestyle.
- Ability to engage the wellness program at the department level.
- Willingness to generate and share wellness ideas.

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).
- 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 Faculty & Staff Wellness Program 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 Jessica Bulleri, at jbulleri@ucsc.edu.