

Archdiocese of Cincinnati Wellness Champion Volunteer Commitment

What is a Wellness Champion?

Wellness Champions act as ambassadors for the Archdiocese of Cincinnati's wellness program. They serve to help promote the goals of the program, cultivating wellbeing among employees by sharing tools and resources to support a healthy and productive lifestyle for our employees.

Wellness Champions are the inspirational voice for their peers.

Responsibilities include:

- Understand and communicate how "Health, Vitality and Finance" are beacons of wellbeing and how the Archdiocese believes in and invests in each.
- Actively support the Archdiocese of Cincinnati's efforts to cultivate a culture that supports total wellbeing, including health and quality of life.
- Encourage employee adoption of the wellness program and help position the program for success.
- Help promote and oversee initiatives and resources for his/her location and peers. We encourage Wellness Champions to schedule two to three events per year in different areas of wellness to foster a well-rounded experience for engaged employees.
- Represent his/her location by collecting ideas and feedback, sharing with other champions and vendor partners, and ensuring that the voice of each location is heard.
- Coordinate activities, share information, encourage participation, and create excitement around wellness.
- If applying for Wellness funds, the Wellness Champion is expected to attend monthly Wellness Champions calls.

What is the time commitment?

The time commitment depends on location size and the Wellness Champion's enthusiasm for promoting the program. The anticipated commitment is anywhere from three to ten hours per month. This includes: organizing and promoting initiatives; attending monthly webinar training/collaboration calls; and/or organizing local wellness committee meetings at your location.

Wellness Champions will receive training on a monthly basis via webinar and will receive monthly communications that include suggestions and resources for possible wellness initiatives to implement at their location.