

Building a Wellness Team
Agency Wellness Champions Meeting
6/24/08

Role: Each members of the wellness team is asked to represent the interests and concerns of co-workers, design and deliver programs, raise enthusiasm, and role model wellness. The committee might establish the vision, mission statement and goals of the wellness program.

The Wellness team helps integrate wellness into the culture of the workplace.

Qualifications: An enthusiasm for wellness

Recruitment:

Voluntary and/or identified by manager

Seek broad representation (each division/unit/floor) (active/inactive, etc.)

Representatives from:

- support staff
- managers/supervisors
- human resources
- finance
- facilities
- union reps.

Limited term (1 year)

Have a member and an alternate

Provide thanks continually and recognition at least annually. Cc. supervisors

Work Well's structure:

3 committees:

1. Operations
2. Wellness Champions-grassroots
3. Steering Committee-upper management

Resource: WELCOA

<http://www.absoluteadvantage.org/article/?article=381>

