

UCR Wellness Ambassador Program

UCR Wellness Ambassadors are faculty and staff volunteers who play a vital role in supporting the Wellness Program by promoting and communicating events, activities, initiatives, and challenges to their co-workers, departments, and/or friends on campus. As a Wellness Ambassador, you will act as a liaison between the UCR Faculty and Staff Wellness Program and your department. Any UCR faculty or staff member can volunteer to be a Wellness Ambassador.

Requirements of a Wellness Ambassador

- Enthusiasm for the role and desire to be an advocate for a healthy lifestyle.
- Ability to engage with the wellness program, either on-campus or virtually.
- Willingness to generate and share wellness ideas, programs, and initiatives.

Wellness Ambassador Tier Levels

Acknowledging that each Wellness Ambassador is busy with performing their own job responsibilities, we have established a tiered system of involvement:

Gold:

- Communicate **all** wellness program initiatives, events, challenges, and activities.
- Participate in **90%** of all wellness events, challenges, and activities.
- Volunteer in **2** UCR events or programs (on-campus or off-campus).
- Attend **90%** of Wellness Ambassador meetings.
- Facilitate **three** wellness activities during departmental/team meetings in an academic/fiscal year.

Silver:

- Communicate **all** wellness program initiatives, events, challenges, and activities.
- Participate in **70%** of all wellness events, challenges, and activities.
- Volunteer in **1** UCR events or programs (on-campus or off-campus).
- Attend **70%** of Wellness Ambassador meetings.
- Facilitate **two** wellness activities during departmental/team meetings in an academic/fiscal year.

Bronze:

- Communicate **all** wellness program initiatives, events, challenges, and activities.
- Participate in **50%** of all wellness events, challenges, and activities.
- Attend **50%** of Wellness Ambassador meetings.
- Facilitate **one** wellness activity during a departmental/team meeting in an academic/fiscal year.

Benefits of becoming a Wellness Ambassador

- Improved personal health: As a Wellness Ambassador, you will likely become more aware of your own health and wellness and may be motivated to make positive changes to your lifestyle.

- Increased knowledge: You will acquire skills and knowledge to thrive in your physical, intellectual, emotional, spiritual, environmental, financial, occupational, and/or social well-being.
- Leadership skills: As a Wellness Ambassador, you may have the opportunity to lead and organize events, initiatives, or programs related to wellness. This can help you develop leadership skills and gain experience in project management.
- Networking: By working with other Wellness Ambassadors and wellness professionals, you can expand your network and build relationships with like-minded individuals who share your passion for health and wellness.
- Making a difference: As a Wellness Ambassador, you have the potential to make a positive impact on the health and well-being of others. This can be a rewarding and fulfilling experience and can help you feel more connected to the campus community.
- Personal and professional development: Being a Wellness Ambassador can provide you with opportunities for personal and professional growth, such as public speaking, event planning, and community outreach. This can help you build your resume and develop skills that are valuable in a variety of fields.

Annual Recognition Event

We will host an Annual Wellness Ambassador Recognition Event. The event will provide:

- Certificates for Gold, Silver, and Bronze.
- Swag bags for each Gold, Silver, and Bronze Wellness Ambassador.
- Food and raffle prizes!
- The annual event will be in-person.

Wellness