

Wellness Champion Network



Your well-being. Your way.

Roles and Responsibilities of a Wellness Champion

The University Wellness Initiative supports the health and wellness of Syracuse University faculty and staff by providing them with programs and resources to make healthy choices, and by fostering a culture of wellness. By promoting wellness within their departments, Wellness Champions are an integral part of this initiative.

Purpose of the Network:

- Increase the University Wellness Initiative visibility
- Connect program with faculty and staff
- Increase participation in program
- Build “wellness” community

Role of a Wellness Champion:

- Liaison between University Wellness Initiative and individual departments
- Wellness contact for department, direct coworkers to University Wellness staff
- Actively promotes activities and events
- Provides feedback on activities and events
- Recommends improvements and solutions
- Serve as a role model and motivator
- Support University Wellness Initiative team as needed for larger initiatives (volunteer time if possible)

Responsibilities of a Wellness Champion:

- Participate in, as well as promote programs
- Distribution of program material
- Attend Wellness Champion meetings
- Solicit feedback from coworkers/participants for improvement process
- Serve a one year term
- Respond to University Wellness Initiative team in a timely manner
- Participate in at least 3 events/meetings per year