



COUNTY OF MARIN

WELLNESS AMBASSADORS

WANTED

Are you a solutions minded individual that's passionate about health & wellness and the value it brings to our workplace?

Do you want to play a positive role in the development and success of the County of Marin's E3 Wellness Program?

Can you invest up a few hours each month towards the program?

Are you comfortable communicating and collaborating with colleagues to further shape a culture of health within our organization?

If you've responded yes, then join us!

Email wellnessprogram@marincounty.org for more info.

2018-2019 Wellness Ambassador Program

- Are you a **solutions minded individual** that's passionate about health & wellness and the value it brings to our workplace?
- Do you want to **play a positive role** in the development and success of the County of Marin's Wellness Program?
- Can you invest a **few hours each month** towards the Ambassador program?
- Are you comfortable communicating and collaborating with colleagues to further **shape a culture of health** within our organization?

If you answer YES to these questions, the Wellness Program wants YOU!

First meeting is 11am-12pm on Wednesday, November 28th 2018.

TAKE ACTION TODAY

SIGN ME UP:

Complete the following form with your supervisor's approval: [2018-2019 Wellness Ambassador Application](#)

I'M INTERESTED:

Talk with Kori Graff, Wellness Coordinator, to learn more about becoming a Wellness Ambassador. Email kgraff@marincounty.org or x7532

WHAT TO EXPECT

- Monthly meetings
- Working with inspiring colleagues from throughout the County
- Leadership Opportunities
- Personal and Professional Development

Wellness Ambassador FAQs

What is a Wellness Ambassador?

A Wellness Ambassador acts as a liaison between their department and The County of Marin E3 Employee Wellness Program. Wellness Ambassadors have an interest in promoting healthy lifestyles; they share information and engage colleagues to participate in wellness activities. This is a volunteer position.

As a Wellness Ambassador, your time commitment is estimated at no more than 1.5-2 hours per month. Traditionally this position runs August – June. July is designated for program reset. However, the 2018/2019 Wellness Ambassador program will be November – June (condensed).

What Will I Do?

- Communicate health and wellness news and events within your work location (bulletin board, email, etc.)
- Reserve time in your staff meetings to share about wellness activities and updates
- Attend wellness ambassador monthly meetings, approximately 6-8 per year
- Help coordinate and participate in wellness events and programs
- Share and promote inspiring stories about County employees engaging in wellness efforts that better and improve their lives
- Contribute positively to creating a culture of that embraces wellness initiatives and activities

Why Be an Ambassador?

- Play an important role in improving employee motivation within your department
- Be recognized among your co-workers as an advocate for health and wellness
- Network with other wellness ambassadors across departments
- Expand your knowledge of health and wellness
- Receive first hand wellness related information
- Be motivated to expand your own wellness journey

How Do I Become A Wellness Ambassador?

- Complete the following form with your supervisor's approval: [2018-2019 Wellness Ambassador Application](#)
- Department heads will select Wellness Ambassador's and the number of Ambassadors will be determined by department size and locations.

Ambassador Participation

While we realize there are competing demands for your time and that serving as an Ambassador is entirely voluntary, we do want to recognize the efforts of the individual's that make significant contributions throughout the year. Meet 4 out of 5 of the following criteria and Ambassadors receive an E3 gift at the year-end appreciation lunch.

- Attend a minimum of six meetings throughout the year (or make arrangements for a colleague to attend in your place)
- Volunteer at one or more E3 events (health fair, heart walk, etc.)
- Maintain a wellness bulletin board with E3 announcements and resources
- Participate in at least two E3 programs
- Coordinate onsite health and wellness classes or events for your department

Ambassador Meeting Schedule

Meetings will adhere to a regular monthly schedule throughout the year. The first 2018-2019 meeting schedule is **Wednesday, November 28th from 11am-12pm.**

