

BENCHMARK #2: CREATING COHESIVE WELLNESS TEAMS

Wellness Champions & High Performing Teams

USE THIS HANDY GRAPHIC FOR FRESH IDEAS FOR CREATING A COHESIVE WELLNESS TEAM.

WHAT IS A WELLNESS CHAMPION?



A WELLNESS CHAMPION IS...

“Anyone who fosters, facilitates or engages workplaces and its employees in an active process of increased consciousness and wisdom, working toward a more successful existence.”



TOOLKIT RESOURCE - READ MORE FROM DR. BENNETT:

welcoa.org/resources/expert-interview-dr-joel-bennett/



WELLNESS CHAMPIONS CAN...

Enhance organizational well-being and do so successfully and efficiently when working within their strengths.



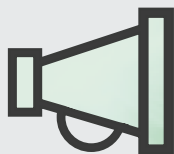
TOOLKIT RESOURCE - TAKE THE WELLNESS CHAMPIONS BOOTCAMP COURSE!

institute.welcoa.org/courses/wellness-champions-bootcamp/

REVIEW YOUR CURRENT STRENGTHS IN THE VARIETY OF COMPETENCY AREAS!

WHY ARE WELLNESS CHAMPIONS IMPORTANT?

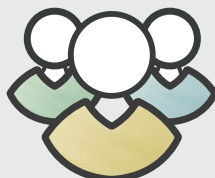
BESIDES PROMOTING WELLNESS, THEY:



Advocate a healthy work culture and create a thriving value proposition



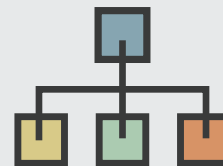
Have been identified as wellness success factors in best practice studies



Are inspired and empowered leaders



Pay attention to the bottom line



Have organizational intimacy

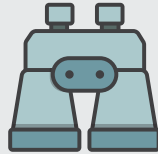
WHAT ROLES CAN THEY PLAY?

There are a variety of roles that the Wellness Champion can take when promoting worksite wellness initiatives:



CHAMPION

Make Change Happen



AMBASSADOR

Builds Awareness as a Vision Agent



ADVOCATE

Helps and Refers



ALLY/MENTOR

Supports Others



Want to learn more about team roles and aptitudes?



TOOLKIT RESOURCE - TAKE WELLNESS CHAMPIONS PROGRAM MANAGEMENT ON THE WELCOA INSTITUTE*

institute.welcoa.org/courses/wellness-champions-program-management/

*PART 2: MODULE 1 - ROLES AND APTITUDES

CHOOSE YOUR ROLE



Self-reflection can play a powerful role in helping to organize your thoughts on your role within a worksite wellness team. Using the tool "Share Your Story", reflect on some key characteristics you have to determine your role as a Wellness Champion.



TOOLKIT RESOURCE - DOWNLOAD THE SHARE YOUR STORY INVENTORY:

welcoa.org/resources/sharing-story-wellness-champion-role-determination/

THE HOW-TO'S OF MANAGING YOUR WELLNESS TEAM

Characteristics of Well-Managed Wellness Teams



5-9 MEMBERS



DEFINE ROLES & RESPONSIBILITIES



TOOLKIT RESOURCE - DOWNLOAD EXAMPLE:

welcoa.org/resources/childserve-wellness-program-mission-vision/



REPRESENTATIVES
FROM ALL LEVELS & DEPARTMENTS



ADHERE TO AN AGENDA



TOOLKIT RESOURCE - DOWNLOAD EXAMPLE

welcoa.org/resources/wellness-team-meeting-template/



CREATE
A SUSTAINABILITY PLAN



TOOLKIT RESOURCE - READ THE 10 SECRETS OF SUCCESS WELLNESS TEAMS: welcoa.org/resources/10-secrets-successful-worksite-wellness-teams/

SOURCES

1. Joel B Bennett. 2016. *Well-Being Champions: A Competency-Based Guidebook*. Organizational Wellness and Learning Systems, Inc.
2. *The Art & Science of Building a Results-Oriented Wellness Program - WELCOA's Seven Benchmarks: Beginner*, WELCOA Institute, 2015.