**Wellness Committee Member Role Description**

Purpose: Wellness committee members play a vital role in design, implementation and evaluation of strategies for the promotion of health and wellness among fellow staff. Wellness committee members serve as key communicators of the wellness program, helping to direct employees to wellness resources and opportunities.

Role: Voluntary role to help design programs and drive employee participation in wellness strategies.

Time Commitment: Approximately 1-2 hours per month

**Ideal Wellness Committee Members Characteristics:**

* Contribute critical thinking and strategic planning skills
* Advocate for the wellness needs of fellow co-workers
* Exhibit effective communication, motivational and interpersonal skills
* Demonstrate enthusiasm and serve as a role model for health and wellness

**Role of Wellness Committee Members:**

* Participate in regular committee meetings
* Review needs assessment data, design strategies and resources to enhance wellness of coworkers
* Contribute to analysis and evaluation of strategy effectiveness
* Share employee feedback with the wellness committee
* Foster a culture of wellness in the workplace
* Market and publicize wellness resources and strategies
* Recruit fellow staff to participate in wellness resources and strategies
* Participate in wellness strategies

**Benefits to becoming a Wellness Committee Member:**

* Grow transferable professional skills
* Build peer, professional, and cross-organizational relationships
* Access tools and resources for a healthy, happy lifestyle
* Earn recognition for service as Wellness Committee Member

**Additional considerations:**

* Wellness committee members will work in tandem with the Wellness Program Coordinator who will provide guidance and direction, consultation, and information for overall strategic planning.
* The Wellness Committee will be comprised of representatives from across each segment of the organization and will aim to represent most of the locations, not to exceed 8 members. Committee memberships terms shall not exceed 5 years.
* Candidates for wellness committee membership are asked to obtain support and approval to serve the organization in this capacity by discussing the role and its expectations with one’s supervisor.