

Wellness Ambassador

A Wellness Ambassador supports the Norwich University's wellness team to communicate with the faculty and/or staff about wellness initiatives, programs, events, and resources within his/her department, and across campus.

An Ambassador is enthusiastic about health and well-being, thinks beyond themselves, believes in the strength of community, and seeks to foster a healthy culture within the environment around them.

What will my responsibilities be?

In conjunction with Wellness Committee, the Wellness Ambassador will

* Participate in and encourage others to participate in well-being programming sponsored by Norwich and by the Green Mountain Higher Education Consortium.
* Communicate to colleagues about campus and GMHEC well-being initiatives, programming, events and resources.
* Be the Wellness committee first point of contact within your department, and be ready to speak at Department meetings about opportunities to participate in the Norwich Wellness program.
* Receive and disseminate communications about health and wellness at Norwich, and provide feedback on past/future initiatives.

What are the benefits of becoming a Wellness Ambassador?

* Opportunity to be the "first to know" on the latest Wellness at Norwich University, resources and events to communicate to your colleagues.
* Embody two of the Norwich University guiding values of encouraging service to others before self, and stressing “being physically fit and drug free.”

How do I become a Wellness Ambassador?

1. Review the NU Wellness Program information (Link: <http://norwich.trgportal.com/wellness-2/>)
2. Sign up today by contacting [nuhr@norwich.edu](mailto:nuhr@norwich.edu) with the following information:
   1. First and Last Name
   2. Department
   3. Contact info
   4. Brief statement on why you want to be a Wellness Ambassador