

Hello,

UNT is launching a new initiative called [Wellbeing Champions](#), and I'd like to talk to you about serving as the first champion within _____.

Wellbeing Champions are faculty and staff volunteers representing departments and varying roles across the UNT campus. They play a vital role in helping to achieve UNT's workplace wellbeing aspirations. The purpose of the Wellbeing Champion network is to promote and support a healthy workplace culture at UNT by raising awareness around health and wellness activities, resources and support services. It's a grassroots effort to shape wellbeing mindsets and encourage wellness activities among the people you work with every day.

The goal is to embed at least one Wellbeing Champion within each college, division or unit across campus.

As a Wellbeing Champion, you would:

- Promote and encourage participation in Wellbeing @ Work programming and events.
- Share resources and wellbeing learning opportunities with faculty and staff in _____.
- Provide leadership in _____ to encourage a healthy work environment and healthy work practices for fellow colleagues.
- Organize and coordinate events and activities to promote health and wellbeing of faculty and/or staff in _____.
- Understand UNT's nine dimensions of the [Wellness Wheel](#): physical, emotional, intellectual, creative, environmental, spiritual, financial, social and occupational.
- Attend monthly community meetings with fellow Wellbeing Champions to discuss and share how each of you are promoting wellbeing in your individual areas.
- Meet with the Faculty and Staff Wellbeing Advisory Board on a quarterly basis to stay up-to-date on relevant priorities and initiatives, provide feedback on wellbeing programming in _____ and help improve existing programming to better meet the needs of the faculty and staff population.

Each Wellbeing Champion commits to serve for one year with the option to recommit every year. The time commitment involved is approximately one to two hours a month, with that amount of time varying based on training and programming needs.

If this sounds like an opportunity you'd like to take advantage of, please visit the Wellbeing Champions page online to fill out and submit the volunteer form.

Sincerely,

