



QUT Wellness Matters Ambassador Program

Ambassador Roles & Duties

Wellness Ambassadors play an integral role in the development and promotion of a wellness culture at QUT. Your roles and duties in this volunteer position include:

- Circulating Wellness information, resources and promotions to work area colleagues
- Broadcasting Wellness Matters Program activities to your work area colleagues (e.g. email, noticeboards, meetings)
- Nurturing a Wellness culture at work area functions and activities
- Providing feedback on Wellness issues in your work area to Wellness Matters staff and engaging in Wellness Matters initiatives where practicable such as surveys, seminars
- Attending the scheduled Wellness Ambassador meetings (usually two a year with morning tea provided)
- Completing Wellness Ambassador update/progress reports to provide data for the Wellness Matters program (usually two a year)
- Encouraging your colleagues to participate in the Wellness Matters Program (e.g. Health & Fitness Appraisals, seminars & workshops, Walk Australia Program and other wellness activities)
- Participate and or host within your work area a scheduled health, wellness awareness event/s throughout the year. Wellness Matters provide updates on these each year
- Be pro-active; encourage wellness lifestyle as a personal choice that comes with personal responsibility. Encourage your work colleagues to adopt Wellness attitudes and activities from all the dimensions of wellness (e.g. practice work-life balance strategies, encourage workplace wellness morning teas/lunches, promote mental health breaks, promotion of positive health behaviours, workplace walking groups, meetings on the run)
- Focus on excellence in lifestyle, live well, be well. Express your talents in some manner.