



ARE YOU ENTHUSIASTIC ABOUT YOUR HEALTH AND WELLBEING AND YOUR WORK MATES?

BECOME A QUT VOLUNTEER WELLNESS MATTERS AMBASSADOR

The roles of a Wellness Ambassador include:

- disseminating Wellness promotion information to work area colleagues
- promoting Wellness Matters Program activities to work area colleagues
- nurturing a Wellness culture at work area functions and activities
- providing feedback on Wellness issues to Wellness Matters staff
- attending scheduled Ambassador meetings
- encouraging colleagues to participate in the Wellness Matters Program.

How to Apply?

Fill out the form below and mail it to Ann Hanley Wellness Manager Wellness Matters X Block 104 A Gardens Point.

Volunteer Wellness Matters Ambassador Application Form

Applicant Information:

Name: _____ Job Title: _____

Department/School: _____

Geographical Location: _____

Phone: _____ Mobile: _____ Email: _____

My Wellness Interests include

Please state below why you wish to become a volunteer Wellness Ambassador:

How do you envision accomplishing the role of volunteer Wellness Ambassador with your QUT colleagues?

Applicant's Signature : _____ **Date:** _____

School/Department Approval

I have discussed my involvement as a volunteer QUT Wellness Matters Program Ambassador with my immediate supervisor and/or Head of Department or School and have received their approval below:

Supervisor/Head of Department or School (Please Print) _____

Signature: _____ Date: _____