Well-being Champions:

Well-being Champions play a vital role in enhancing the health of the University of Georgia (UGA) community. They provide support, motivation, and encouragement for individuals to participate in well-being programs, classes, events, and resources that are offered to UGA employees. Champions are eager, determined, and committed to creating an environment that helps individuals achieve their highest and healthiest potential!

Roles/Responsibilities:

- Ensure that your department supervisor agrees/approves of you becoming a UGA Well-being Champion.
- Attend a UGA Well-being Champion orientation to become familiar with the programs and services that are offered through UGA Well-being.
- Raise awareness of these programs and services among your co-workers by promoting, encouraging, and motivating them to participate.
- Serve as the liaison between your co-workers and the UGA Well-being Coordinator by fielding questions and providing feedback on improving programs.
- Volunteer for onsite well-being programs when possible.
- Lead by example through your own commitment to well-being.
- Enjoy yourself!

Interested?

Would you like to become a Champion within your department? We hope so! The process is easy, and all you have to do is fill out the UGA Well-being Champion Application. If you have any questions, please contact us by emailing wellbeing@uga.edu or calling (706) 542-7319.