GoUSF Wellness Champion Description

**Purpose:** GoUSF wellness champions play a vital role in supporting the promotion of health and wellness among USF faculty and staff. Wellness champions serve as USF’s key communicators of the wellness program helping to direct employees to wellness programs, activities, and resources.

**Role:** Voluntary role to help drive employee participation and engagement in GoUSF wellness activities.

**Time Commitment:** About 1 hour a month. You’ll be proactively promoting upcoming GoUSF events to peers and in department/committee meetings.

**Common characteristics for GoUSF wellness champions:**
- Enthusiasm about health and wellness
- Able to be an advocate for GoUSF and spread the word about upcoming events

**Role of GoUSF Wellness Champions:**
- Market and publicize wellness activities and programs on campus
- Recruit faculty and staff to participate in wellness programs and activities
- Participate in wellness programs and activities

**GoUSF Wellness Champions will be advised by the:**
- GoUSF Wellness Program Manager and GoUSF Wellness Committee who will provide guidance and direction, consultation, and information to Wellness champions.

**Benefits to becoming a GoUSF Wellness Champion:**
- Opportunity to be informed with the latest wellness programs and events to communicate to your co-workers and campus departments.
- Peer, professional, and cross-campus relationships
- Be an active participant in fostering a culture of “wellness” on campus
- Recognition for service as Wellness Champion—including a very cool t-shirt

To Become a GoUSF Wellness Champion contact: Suzy Kisylia, Wellness Program Manager, skisylia@usfca.edu, 925–212–1332.