

Wellness Champion

Characteristics

This role requires an individual who understands the importance of promoting company health initiatives and the benefits of a healthy lifestyle. The individual will possess an interest in health issues; is a natural leader; and who demonstrates healthy choices.

Job Summary

This role serves as the company's Healthy at Work liaison with Optima Health. This person is expected to implement health improvement programs and encourage employees to participate in those programs.

Responsibilities

- Determine and implement company-wide wellness programs.
- Make recommendations to CEO/Owner of potential programs to implement.
- Provide encouragement and support to employees engaging in health improvement.
- Serve as the key contact within the company for Healthy at Work information.

Why Become a Wellness Champion?

- It's good for your health, because you become healthier as you help fellow employees.
- Helping others is empowering and allows you to improve your relationship skills.
- You will be viewed as a leader by your peers and management for stepping up to the plate and supporting a good cause.
- Your personal knowledge can be an inspiration to others. As a mentor, you can affect real change in the lives of others.