



# Workplace Wellbeing Champion

### Skills and qualities

Motivational,  
good at encouraging  
others

Enthusiastic

Open minded

Positive

Organised

Good communicator

Empathetic

### Role and Responsibilities

- Signpost colleagues to sources of support, advice, and information.
- Take feedback and suggestions from colleagues on health and wellbeing activities.
- Promote relevant information to colleagues in the best way, either individually or working with other champions or colleagues.
- Help to deliver campaigns, organise activities and attend events.
- Encourage colleagues to take part in events or raise awareness of health campaigns.
- Contribute to planning and evaluation of campaigns.
- Provide health and wellbeing updates at team meetings.
- Provide feedback on outcomes of health and wellbeing work and queries.
- Support a healthy workplace.
- Be mindful of your own wellbeing.
- Do not try to fill a professional counselling role.

**Wellbeing Matters**

