Why I believe wellness is important for our team:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

How I will communicate the “Why” to the team:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

I expect to spend a maximum of ________ hours per week working on wellness related activities for our team.

Three wellness behaviors I want to show by example over the next ________ month(s):

1.

2.

3.

The top 3 team wellness initiatives to focus on in the next ________ month(s) are:

1.

2.

3.

I will communicate these initiatives to our team using the below methods:

1.

2.

3.
I plan on collecting feedback from our team to gauge success (effectiveness) of our wellness program by:


When I experience challenges in my role as Wellness Champion these are the individuals and resources I can turn to for help and support: (Challenges may relate to conflicting hospital policies, management decisions, or individual team member reluctance)


TO BE COMPLETED WITH MANAGEMENT/LEADERSHIP:

The Wellness Champion role is a ______ month term position with the option to volunteer again.

The Wellness Program Sponsor is ___________________________________________
This person should have decision making authority and the ability to influence the work team (i.e. Owner, Manager)

The Wellness Program will have access to discretionary funds: Yes or No

Budgeted amount: _________________________________ (Not Applicable)

Fund manager: _________________________________ (Not Applicable)

For additional resources visit the AVMA Wellness and Personal Assistance website at https://www.avma.org/ProfessionalDevelopment/Personal/PeerAndWellness/Pages/default.aspx