

## **GOAL AND MISSION**

*Goal.* The Wellness Ambassadors program is comprised of faculty and staff volunteers with the goal of spreading awareness of current well-being programs and services, and identifying, assessing, and promoting new initiatives.

*Mission.* The Wellness Ambassadors, in conjunction with Every Oredigger, supports students, faculty, and staff throughout Colorado School of Mines to improve and/or maintain overall well-being through the seven dimensions: physical, emotional, social, environmental, intellectual, spiritual, and financial. The ambassadors communicate the implementation of programming, resources, and campaigns that encourage positive behavioral change, reduce health risks, and promote healthy environments. Together, we pledge to be a community where personal and collective wellness is prioritized and everyone is encouraged and empowered to be the best versions of themselves.

Every Oredigger is a comprehensive campus-wide initiative to encourage well-being — in all its dimensions — among all members of the Colorado School of Mines community, students, faculty and staff.

## **JOB RESPONSIBILITIES**

- Share wellness events provided by Every Oredigger with departmental students, faculty, and staff through email.
- Host a Zen Zone event for respective department once per academic year.
- Have current knowledge of campus wellness resources, including, but not limited to; Counseling Center, Student Outreach and Support, Health Center, Rec. Sports, Disability Support Services, Center for Academic Services and Advising, YOU@Mines Human Resources, and more.
- Other duties as assigned.

## **MEMBERSHIP**

Wellness Ambassadors will be comprised of approximately 30 members of Mines' faculty and staff community. Those teaching CSM202: Introduction to Student Well-being at Mines, will be appointed as a Wellness Ambassador for the semester that they teach. Efforts will also be made to secure representation from faculty, Dining Services, Facilities Management, and a diverse sampling of administrative and academic areas.

*Member Appointments.* Members will be volunteers, who shall be appointed for 2-year terms, or the duration of time that they teach CSM202. Their appointments may be renewed indefinitely, if requested by the member and agreed upon by Every Oredigger.

## **GOVERNANCE AND OPERATION**

*Reporting.* Wellness Ambassadors will receive information about campus well-being offerings from Every Oredigger, and the Assistant Director of Well-Being Curriculum.