

# COMMITMENT PLEDGE

## Wellbeing Champion

The University of Wisconsin-Madison is committed to creating a healthy, inclusive, and engaging workplace. Wellbeing Champions live out this mission by serving as key promoters and communicators of UW-Madison well-being programs, activities, and resources for faculty and staff. Wellbeing Champions are individuals that have a desire to help others, strong communication skills, and passion for personal health and wellbeing. The Wellbeing Champion role is an additional volunteer duty that is allowed with supervisor approval and will not interfere with primary job duties.

### Commitment:

- Read and complete the [roles and responsibilities](#) of a Wellbeing Champion
- Serve as a Wellbeing Champion for at least one year
- Spend about four hours per month planning and communicating wellness events and initiatives

### Benefits for Department:

- Employee Wellbeing initiatives can increase engagement, productivity, and retain talented employees
  - 7 of 10 employees say that well-being initiatives positively influence the culture at work<sup>1</sup>
  - Employers saw a 52% increase in productivity because of well-being initiatives<sup>2</sup>
  - 87% of employees said they consider health and wellness offerings when choosing an employer<sup>3</sup>

I have read, understand, and agree to fulfill the [roles and responsibilities](#) of a Wellbeing Champion.

Employee Name: \_\_\_\_\_

Department: \_\_\_\_\_ Building Location: \_\_\_\_\_

Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

My supervisor is aware of and supports my participation as a Wellbeing Champion.

Supervisor Name: \_\_\_\_\_ Title: \_\_\_\_\_

Supervisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Complete and submit the Employee Wellbeing Leader by scanning and emailing [employeewellbeing@ohr.wisc.edu](mailto:employeewellbeing@ohr.wisc.edu) or in person at the Workplace Wellness COP Meeting.**

<sup>1</sup> *Ibid*, n. 3.

<sup>2</sup> US Department of Health and Human Services.

<sup>3</sup> Challenge 2013: Linking Employee Wellness, Morale and The Bottom-Line, by Judy Martin, <http://www.forbes.com/sites/work-in-progress/2013/06/11/challenge-2013-linking-employee-wellness-morale-and-the-bottom-line/>

