

**Wellness Ambassador Application**



Wellness Ambassadors are faculty or staff representatives that carry the messages from QU Wellness to their coworkers. Ambassadors must have enthusiasm, the ability to bring wellness to life at the departmental level, ability to access email and a willingness to share ideas. All Wellness Ambassadors must secure supervisory approval to act in the role. A 30-minute commitment per month is suggested.

**Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Position:** \_\_\_\_\_

**Building Name:** \_\_\_\_\_ **Campus Mail Drop:** \_\_\_\_\_

**Department #/Name:** \_\_\_\_\_

**You will receive approximately one email update per month from QU Wellness; about how many employees will you forward the email to?** \_\_\_\_\_

**Supervisor signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**HR Business Partner signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Applicant signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Completed forms should be emailed to [QUWellness@quinnipiac.edu](mailto:QUWellness@quinnipiac.edu) or sent via campus mail to *Tina Monteiro, Human Resources mailstop OF-HMN*. Once your application has been reviewed by QU Wellness, you'll be contacted to review your **Roles & Responsibilities** as a QU Wellness Ambassador.

**Office Use Only**

Does Department have a Wellness Ambassador? \_\_\_\_\_

If so, list here: \_\_\_\_\_

	<b>Initials/Date</b>	<b>Comments</b>
Initial Contact to review Roles/Resp:		
6-m check in contact:		
Training review/1-year		