

Hope College Wellness seeks to inspire, educate, and promote healthy living for faculty and staff. We desire to create a culture that has an excellent quality of life by addressing the whole person — body, mind and spirit.

To promote Wellness in your department and/or building through support of the Wellness Committee and Hope's Wellness Program.

Acknowledgement of the value of Wellness in the workplace and a strong desire to promote both personal and faculty/staff Wellness.

Monthly meetings, including 2 luncheons per year  
1 to 2-year commitment (rolling commitment year one)

Participate in Hope Wellness programs and encourage others to be active participants.  
Encourage and inspire Hope faculty and staff to live healthy, happy, and productive lives.

department, division, and/or building  
Promote programs by word of mouth.  
Promote programs in your department meetings.  
Post Wellness communications in strategic locations in your department/building.

Establish a network of Ambassadors.  
Provide training, information, and updates on new and existing programs.  
Listen to and respond to suggestions from Ambassadors.  
Inspire and encourage Ambassadors.

Developing a culture of Wellness within an organization can only succeed when members of the organization feel supported and encouraged and have a common goal. Achieving this goal would be almost impossible without the help of a network of individuals throughout the organization, especially in a large and diverse workforce. Ambassadors can reach closer to smaller groups of individuals. They are the "face" of the program.

Ambassadors play an important role in improving the health and Wellness of the college. As such, Ambassadors are recognized as playing a leadership role on campus! Ambassadors are the first to know about Hope Wellness opportunities and receive training and knowledge of Wellness best practices. A goal of the program is to be able to provide Ambassadors with periodic incentive gifts and invitations to luncheons, pending annual budgets.