



Well-Being Champion Application

(Please click to fill out the form below and submit to cheryl.pitzl@state.sd.us when completed)

Name:

Job Title:

Department:

Email:

Phone:

Champions will help promote LiveWellSD Program, which is designed to promote healthy choices.

What are the Qualifications?

- Good communication skills and a positive attitude.
- Sincere desire to be part of a team and help others enhance their quality of life.
- Enthusiasm for and commitment to safety health and well-being in your agency.
- Available to meet (in person or via teleconference) with the team every quarter or as needed.
- Time commitment is expected to average approximately 1-2 hours per month.
- Supervisor approval is required for participation.

Why do you want to volunteer to be a well-being champion?

When you think about well-being, what does it mean to you?

Do you enjoy helping and inspiring people?

What gives you energy?

Which of the following tasks do you feel most comfortable with? Please check all that apply.

Posting monthly bulletin boards

Hanging posters

Sending/distributing monthly email communications

Speaking to coworkers about challenges and activities through the LiveWellSD programs

Encouraging participation in the LiveWellSD events Coordinating on-site activities

Sharing ideas and feedback with the Well-Being Coordinator

Promoting healthy behaviors in the workplace