



Nominate Your Wellness Champion of the Quarter!

The CG Zest Wellness team wants to highlight wellness champions that make change happen in your organization!

What is a Wellness Champion?

"Anyone who fosters, facilitates or engages workplaces and its employees in an active process of increased consciousness and wisdom, working toward a more successful existence."

What do you need to do?

- Identify and select an individual in your organization that you feel should be highlighted for their role as a wellness leader.
- In a few short sentences, write why you chose this 'ambassador of wellness'.
- Have your champion nominee share their wellness story in a short paragraph using the attached WELCOA handout as a guide.
- Have your champion nominee choose one of the attached Wellbeing Champions Credos that most relates to them.
- Share the above with your Wellness Coordinator.

Two submissions per quarter will be selected by the CG Zest Wellness team and highlighted on our Blog.
The selected champions will receive a \$100 digital gift card!



A Well-Being Champions Credo

As a well-being champion...

1. I follow my own path of inner health and well-being. I practice those same mind and body wellbeing practices that I encourage in others.
2. I act as a champion for others, not for some program, product, or framework. My emphasis is on actively supporting and inspiring each individual and/or workplace to find their own inner values and vision for their growth and well-being.
3. I pay heartfelt attention to the setbacks, failures, and crises of those I serve. I act with compassion, encouraging others in ways that are sensitive to their needs. I am a champion, not a cheerleader. I care.
4. I resonate with core values, principles, and qualities that strengthen my ability to be a champion and persevere in the face of stress and adversity. I am resilient.
5. I grow daily in competencies. I develop competencies in my day-to-day role and amid and among those I serve. I am a learner with others in a healthy work climate.
6. I am a heart-centered leader, practicing virtues of open-mindedness, curiosity, humility, integrity, authenticity, and self-care. I do the right thing.
7. I embrace all dimensions of well-being—physical, social, intellectual, spiritual, occupational, and emotional. I am sensitive to how these dimensions are values in different cultures. I am inclusive.
8. I focus on process as much as on outcome, realizing that well-being itself is defined as an ongoing process toward a more successful existence. I enjoy the journey.
9. I stay open to what each day brings me in terms of learning from and with others I serve. I am responsive to feedback.
10. I take an attitude of “being with” competencies and practices, rather than demonstrating how competent or proficient I am. People can learn from my being vulnerable, as I am a role model of virtue, supportiveness, and resonance.



WELCOA Institute for Wellness Studies

WELLNESS CHAMPIONS PROGRAM MANAGEMENT

Facilitated by Dr. Joel Bennett, Organizational Wellness & Learning Systems

Assignment 2: Sharing Your Story



Step 1. Review Elements of a Story

1. **Sincere:** Authentic, genuine, heart-felt
2. **Purpose:** Ties to some reason, purpose, willingness, passion, drive
3. **Identity:** Relates to a value, your past, self-defining
4. **Pivot point:** Key frustration, crisis, wake-up call, accident, advice, someone cared, referred, movie, book, hero, spiritual, "look in the mirror moment"
5. **Action:** Led to some positive action that persisted
6. **Willingness:** Openness, vulnerability
7. **Inclusive:** Don't sell, proselytize, no "only this way"

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Step 2. Complete the Grid Below

	In your own words...
1. List areas of well-being most important to you.	
2. What makes you identify with being a champion?	Specific health areas, values, purpose, etc.
3. What happened in your past that fuels your potential as a champion?	
4. Identify a turning point or decision you made.	
5. List positive actions you have taken (intentions fulfilled, affirmations embodied).	
6. List positive outcomes resulting.	

Step 3. Find the best way to express your story; journal from the above; share with a friend you trust.