

# 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 by answering the attached questions.
- Email [zestwellnesscgi@gmail.com](mailto:zestwellnesscgi@gmail.com) with the above information along with a photo of our nominee on living their wellness journey!

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!

\*Must be a CG Zest Wellness member to enter.



# Champion Questions

**As a well-being champion...**

- 1. What areas of well-being are most important to you?**
- 2. What makes you identify with being a champion?**
- 3. Identify a turning point or decision you made to lead you on your wellness journey.**
- 4. List a few positive actions you have taken to embark on your wellness journey.**
- 5. List a few positive outcomes resulting from the above.**

Adapted from Bennett, J. B. & Linde, B. (2016). *Well-Being Champions: A Competency-Based Guidebook*. Organizational Wellness & Learning Systems (ISBN 9781534686700)

