



# WELCOME



**UCI Wellness Ambassador**

**11:30 a.m. to 12:00 p.m. - Lunch & Networking**

# UCI Wellness Ambassador Quarterly Meeting

April 30, 2019



**UCI** Human Resources



## UCI Wellness Ambassador

# Quarterly Meeting Agenda

11:30 to 11:50 pm - Lunch & Networking

11:50 to 12:00 pm - **Welcome & Program Overview**

12:00 to 12:15 pm - Wellness Ambassador Updates

12:15 to 12:30 pm - Wellness Ambassador Tools

12:30 to 1:00 pm - Spotlights & Department Updates

 Human Resources

# UCI Wellness Strategy

**UCI's Strategic Plan includes creating a great work environment and culture**

- 1) Strong Employee Engagement
- 2) Employer of Choice
- 3) Achieve Organizational Goals Through People

**UCI Human Resources Wellness Priority:**

Advance a culture of whole-person wellness for UCI employees.

# Advance a culture of whole-person wellness for UCI employees



# Wellness Ambassador Roles and Responsibilities



## Communication



## Drive Local Wellness Efforts

# Next Steps

**Announce your role**

**Establish your communication channels**

**Assess and plan:** Start thinking of ways you can engage your leadership and co-workers to incorporate wellness into your unit or department.

**Set a goal:** Set a goal for yourself as a wellness ambassador and communicate it to your supervisor. If you are using ACHIEVE, be sure enter and mark it as an engagement goal.

**THANK YOU!**

Department Head Appreciation Email from HR to be sent early May.





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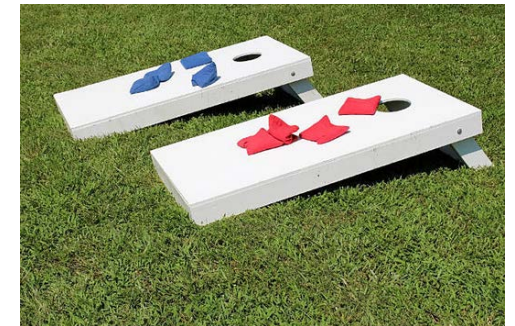


# Wellness Updates

- Intramural Cornhole for Staff: Starts Today 4/30 (25 campus teams)
- Parenting Workshop Series:
  - Homebuyers Workshop: 5/3
  - College Admissions Workshop: 5/14
  - ScholarShare Workshop/One-on-Ones: 5/30
  - Bright Horizons Webinar: 5/21
- Diabetes Prevention Program: Second cohort starts 5/7
- WW: ends 5/23, starts 5/30 (\$)
  - Contact WA: Chris Taylor, [cntaylor@uci.edu](mailto:cntaylor@uci.edu)
- Upcoming Monthly EAP Webinars:
  - Sleep: An Essential Component of Health & Well-Being: 5/26
  - Learning to Relax: 6/20

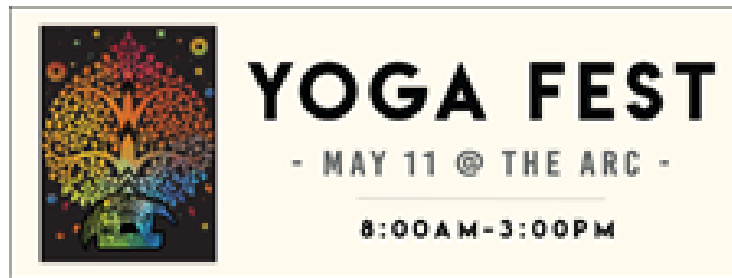


UCI Diabetes Prevention Program



# Wellness Updates

- Wednesday Wellness Walks: 5/8, 5/22 – Aldrich Park
- Yoga Fest: 5/11 – ARC
  - Free for Wellness Ambassadors and a guest
- UC Walks/UCI Wellness & Safety Fair: 5/21 - Aldrich Park
- UCI Anti-Cancer Challenge: 6/8 - Aldrich Park



**Tuesday, May 21, 2019**  
10:00AM – 1:30PM

Join us as we celebrate 10 years of UC Walks  
UCI Campus – Gateway Plaza Lower Level, Aldrich Park

**UCI** Human Resources

# Engagement Updates

- Spring Engagement Campaign Ends TODAY, April 30
  - Submit Your Ideas: How Can We Increase Staff Pride in UCI?
- Upcoming Campus Engagement Opportunities
  - Lunch With Leadership Panel – May 7
  - Walk with Leaders (UC Walks) – May 21
  - Meet the Chancellor’s Cabinet – May 29
  - **Staff Service Awards – June 18**
- UCI Campus Engagement Ambassador Program Interest List Launches May 6
  - Managers appoint in June
  - Training and Kick-off in July
- 2019 Staff Engagement Survey for all UCI Staff this August





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**UCI** Human Resources

# Wellness Ambassador Tools & Resources

## Online

UCI HR Wellness Website – [hr.uci.edu/wellness](http://hr.uci.edu/wellness)

**Ambassador Webpage** - [sites.uci.edu/wellnessambassadors](http://sites.uci.edu/wellnessambassadors)

## Email

UCI Wellness Listserv Emails

Ambassador Listserv Email Updates

## In Person

Quarterly Ambassador Meetings 2019:

February

April

August

December

## Department Wellness Support

Contact your local UCI HR Wellness Team Member



# Wellness Ambassador Website

<https://sites.uci.edu/wellnessambassadors/>



UCI Wellness Ambassadors

[Getting Started](#) [Updates](#) [Meetings](#) [Toolkit](#) [Spotlights](#) [Contacts](#) [UCI Wellness](#)



Once you have completed the [2019 Wellness Ambassador Registration Form](#),

1. Announce your role to your unit/department. (See the [Communication Tools](#) located under the Ambassador Toolkit)
2. Establish your Communication Channels in your Unit or Department so you can start promoting Wellness Programs and Resources to your co-workers. (See the [Communication Tools](#) located under the Ambassador Toolkit)
3. Assess and Plan: Start thinking of ways you can engage your leadership and coworkers to incorporate Wellness into your Unit or Department. (See the [Department Wellness Tools](#) located under the Ambassador Toolkit)
4. Set a Goal: Set a goal for yourself as a Wellness Ambassador and communicate it to your supervisors. (Be sure to enter and mark it as an engagement goal on [ACHIEVE](#))

[Questions?](#) [Contact Us](#)



## UCI Wellness Ambassadors

[Getting Started](#) [Updates](#) [Meetings](#) [Toolkit](#) [Spotlights](#) [Contacts](#) [UCI Wellness](#)

### Email Updates

#### March 25, 2019 Spring Update

Spring UCI Wellness Ambassador Updates 2019 UCI Wellness Ambassador Contact List Thank you for joining the 130 UCI Wellness Ambassador representing over 90 departments UCI Enterprise-wide. Get to know your fellow Wellness Ambassadors, download the 2019 UCI Wellness Ambassadors Contact List



Pechiney Suos April 17, 2019 Email Updates No Comments

[Read more](#)



## UCI Wellness Ambassador Meetings

### Spring 2019 Meetings:

#### **UCI Medical Center, Orange:**

Wednesday, April 10th, 11:00am-12:00 pm  
22A-2105

#### **UCI Campus, Irvine:**

Tuesday, April 30th, 11:30am-1:00pm  
The Commons  
UCI Research Park, between 5300 and 5301 California Ave.

[RSVP HERE](#)

## Campus Meetings

### February 5th, 2019

- [Presentation Slides](#)
- Handouts:
  - [2019 EAP Training List](#)
  - [Financial Education](#)
  - [UCI Staff Assembly](#)
  - [UCI Stress Free](#)

## Medical Center Meetings

### February 7th, 2019

- [Presentation Slides](#)
- Handouts:
  - [OC Heart Walk](#)
  - [Farmers Market](#)



## UCI Wellness Ambassadors

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### UCI Wellness Ambassador Toolkit

The [Communication Tools](#) will help you reach out to your unit/department.

The [Custom Programs by Request Tools](#) will help you get started in creating programs as a Wellness Ambassador with help, if desired.

The [Wellness Ambassador Led Department Programs Tools](#) will guide you on creating your very own programs.



## Spotlights

### How Are You Making a Difference? (Fall 2018)

Here are just a few of many great responses from the Fall Quarter Wellness Ambassadors Meeting: "Empowering staff to use their voice to change UCI for the better." -Kathy Hills from HR Modeling a commitment to wellness and fitness (bike



Pechiney Suos February 28, 2019 Spotlights

[Read more](#)

### How Are You Making a Difference? (Winter 2019)

Here are just a few of many great responses from the Winter Quarter Wellness Ambassadors Meeting: "I smile at students and staff and extend respect and gratitude. I thank the custodial staff constantly for their hard work! I constantly extend

Pechiney Suos February 28, 2019 Spotlights

[Read more](#)

### Spotlights from Winter 2019 Campus Wellness Ambassador Meeting

School of Nursing Walking for Wellness Club for Staff and Faculty Every Monday and Thursday at 12pm, staff and faculty would meet at Berk Hall and go on a walk together around campus. Healthy Potluck and Cookbook In the beginning

Pechiney Suos February 20, 2019 Spotlights

[Read more](#)




# UCI Wellness Ambassadors

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## Contact List

### UCI Wellness Ambassadors

[2019 UCI Wellness Ambassadors Contact List](#)

### UCI Wellness Ambassador Coordinators

#### Dyan Hall

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Wellness Program Administrator  
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#### Justin Wang

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Wellness Program Coordinator  
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#### Gretheel Olvera

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“I would like to know some **effective ways to communicate and promote wellness information to my colleagues**. Some past things that have been done successfully/unsuccessfully in departments/schools.”



“Any ideas on getting started with **implementing a wellness program for my department**? Not sure where to start or what my department would be interested in. What has worked for other departments?”





“Tell me more about the **Salad-luck.**”



# Department Wellness Updates



We're here to  
**help.**

**UCI** HR | Wellness  
Empower People Success



[hr.uci.edu/wellness](https://hr.uci.edu/wellness)

**Campus**  
Dyan Hall  
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