What do Wellbeing Champions do?

The Wellbeing Champion is a valuable member of the extended workplace Health and Wellbeing team at The University of Sydney. The Wellbeing Champion will serve as the local ‘go-to’ person for your Faculty/School PSU and will play a vital role in increasing awareness of and participation in the Universities Mentally Healthy Workplace program (also known as a psychological Health and Safety System) and Wellbeing initiatives.

THE QUALITIES OF UNIVERSITY WELLBEING CHAMPIONS:

As a Wellbeing Champion you will be enthusiastic, empathetic and nurturing in your approach, and a strong commitment to the health and Wellbeing of your colleagues and overall workplace. You will have ideas and insights to get your workmates interested in workplace health and Wellbeing initiatives and enjoy taking part in, or coordinating local initiatives.

WELLBEING CHAMPIONS:

- have an interest in health and wellbeing; a person who lives the vision “leave work better than when you arrived”
- raise awareness of health and wellbeing initiatives at the university
- provide peer-level encouragement, motivation and support
- champion the implementation of the Wellbeing Framework, including the Mentally Healthy Workplace throughout the University
- represent your colleagues and provide input and advice into the Mentally Health Workplace program, both the program structure and implementation
- nurture a Wellbeing culture
- coordinate local health and wellbeing events (as required)
- maintain the required respect, privacy and space of your colleagues at all times
- act as experts, and become more expert through the free training provided
- attend meetings and training as required.

WHAT’S IN IT FOR YOU?

- An exciting opportunity to connect with likeminded peers across the University
- Be able to contribute and make a positive difference to health and wellbeing in the workplace
- Learn valuable skills in team work and creating healthy, well workplaces
- Access wellbeing resources
- Develop capabilities to build your own resilience and support those around you
COMMITMENT REQUIRED

Your Wellbeing Champions role is on a voluntary basis and will require a commitment of:

- Average 1 hour per week administrative and networking duties
- Attendance at monthly team meetings (1 hour). Meetings alternate discussion/strategy and education sessions
- Training – Total 2 - 3 days on main campus consisting of:
  - Wellbeing Wise Champion 1 day
  - Mental Health awareness workshops including Resilience training, ½ day including in-house training with WHS, Injury Management, Access EAP
  - EAP ambassador webinar

This commitment will be for an initial 12 month period with an opportunity to extend.

WELLBEING CHAMPION PROJECT CONTACT:

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