

Appendix 5 - Wellbeing Champion Job Description

Wellbeing Champion

Role Summary

Are you passionate about staff wellbeing? Have you been wanting to help colleagues feel better at work? Do you want to be a role model of healthy culture within your school or department? Well if you do, we want to hear from you!

As part of the continued development of staff wellbeing at Loughborough University, we are looking to appoint Wellbeing Champions in each school and department.

Duties will include:

- Supporting the University's Health and Wellbeing Framework
- Organising school or department wellbeing events e.g. a lunch time walk, book club or hobby group
- Attending steering groups to help shape the wellbeing offering here at the university
- Engaging with school or department staff to promote campus wide wellbeing events
- Signposting staff to relevant services if required
- Role modelling and promoting a healthy culture within the workplace
- Reporting activity and challenges to the Occupational Health and Wellbeing Team

Requirements for the role:

- Enthusiasm and interest in staff wellbeing and improving the working environments
- Being approachable and willing to help others
- A basic understanding of healthy lifestyles and health promotion
- An interest in attending and contributing to steering meetings
- A current employee of Loughborough University

What you will get in return:

- Full training as required
- Support with ideas and materials to hold events
- The chance to be a role model in your school or department
- The opportunity to network with other Champions

Please note this is a voluntary role and you will need to agree locally with your manager how this will work in practice, but the expectation is no more than 2-3 hours per month.

If this interests you, please speak with your line manager to make them aware and obtain their support. Then complete the application form below and send to wellbeing@mailbox.lboro.ac.uk

Application

Your name	
Job Title	
Email address	
Mobile Number	
School/Department	
Manager	
Reasons for wanting to become a Wellbeing Champion	

To be completed by your line manager:

Name of line manager	
Area of work	
I support the above-named member of staff in their application and confirm that they meet the criteria for the Champion role	Yes / No
Signed	
Dated	

Please forward to wellbeing@mailbox.lboro.ac.uk