



2023-2024 Well Leader Application

INSTRUCTIONS This form is used to apply for consideration as a 2023-2024 Well Leader for your Division/College/Unit as part of the Living Well at Texas A&M program for a 1 year term (July 1, 2023 – August 31, 2024). Submit completed/signed form to livingwell@tamu.edu.

Section 1: Employment Information

Employee Name		UIN
Title		College/Division
Department/Unit Name	Building Name	City/Location
Phone	Mail Stop	Email
T-Shirt Size*		

**T-Shirts will be distributed to official Well Leaders at the mandatory Well Leader Retreat on Monday, July 17, 2023. Well Leaders will be the only employees on campus to receive this t-shirt.*

Section 2: Short Answer Questions

1. Why do you want to become a Well Leader?

2. Please specify how you are able to attend meetings every other month.
 - In-Person
 - Virtual
 - Both

3. What experience, qualities, and skills do you have that would be helpful in championing the goals and objectives of the Living Well program?

4. How would you promote wellness and engagement as a Well Leader?



Section 3: Employee Acknowledgement of Commitment

If selected as a Well Leader, I agree to fulfill the following voluntary Well Leader responsibilities:

- Serve as an ambassador at the unit level for the term of one year (July 1, 2023 – August 31, 2024)
- Stay informed about Living Well programs, events, and resources by attending all bi-monthly Well Leader meetings including a mandatory Well Leader retreat
 - ❖ I will attend the mandatory kickoff retreat on Monday, July 17, 2023 to receive Well Leader Training (an exception may be made due to extenuating circumstances and will be evaluated on a case-by-case basis).
 - ❖ In the event that I am unable to attend a Well Leader meeting, I will notify the Living Well team via email at livingwell@tamu.edu. I understand that being absent from 3 or more meetings may result in my removal from the Well Leader program.
 - ❖ *All Well Leader meetings and/or retreats held during regular Texas A&M University business hours are considered University Business.*
- Assist with communicating Living Well programs through email, displaying printed materials (poster, flyers, etc.), or other means.
- Recruit others and encourage active participation in Living Well programs and events
- Promote Living Well at department/unit staff meetings
- Provide feedback, suggestions, and recommendations for program improvements and future considerations
- Attend networking and training opportunities offered to Well Leaders through the Living Well program
- Network and share ideas with fellow Well Leaders across the University
- Lead by example

By signing below, I acknowledge that I have read, understand, and accept the Well Leader responsibilities listed above.

Applicant Signature

Date

Section 4: Supervisor Acknowledgement

By signing below, I approve the above employee to serve as a Well Leader and to carry out the responsibilities of Well Leaders. I agree to support their attendance at wellness events and/or meetings.

Supervisor Printed Name

Supervisor Signature

Date

Living Well is part of the Division of Human Resources & Organizational Effectiveness.

SUBMIT FORM TO:
livingwell@tamu.edu

QUESTIONS:
(979) 845-6565 or livingwell@tamu.edu