



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 of the Living Well program at the unit level for a full calendar year (January 1, 2025 – December 31, 2025).
- Attend the **mandatory** Well Leader Retreat on **Wednesday, January 29, 2025, 8:30 a.m. - 2:30 p.m.** and any following Well Leader meetings.
 - ❖ In the event that I am unable to attend the retreat and/or regular meetings, I will notify the Living Well team via email at livingwell@tamu.edu.
 - ❖ Please note: all retreats and meetings held during regular Texas A&M University business hours are considered University Business.
- Stay informed about Living Well programs, events, and resources.
- 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

SUBMIT FORM TO:
livingwell@tamu.edu

QUESTIONS:
livingwell@tamu.edu