

Wellbeing Champion Charter



As a Livewell Dorset wellbeing champion, you will have an interest and understanding of health and wellbeing and a desire to support your colleagues in the workplace. You will play an important role in promoting the work of LiveWell through encouraging, supporting and signposting your colleagues to resources, training, information and coaching as well as connecting patients and customers to LiveWell through your organisation.

As a wellbeing champion you will have access to the Livewell Wellbeing champion network, designed to support you in a continuous process of learning and reflection on health and wellbeing topics that can be shared with your peers and managers. With your knowledge you will be able to act as a role model, working with individuals, teams, managers and the public to provide an inclusive and supportive environment where preventing ill health is valued.

A wellbeing champion is not a replacement for managers, experts, advisors or therapists, responsible for others wellbeing or the decisions that they make, or their physical or mental health.



LW Wellbeing Champions role and responsibilities

- ✓ Promote and signpost people to LiveWell - resources, training & events.
- ✓ Attend quarterly action learning sets and engage with the dedicated MS Team's channel, when possible.
- ✓ Keep up to date with current wellbeing issues.
- ✓ Be a wellbeing role model at work.
- ✓ Look for ways to embed health and wellbeing within your organisation
- ✓ Be approachable, non-judgemental and empathetic and a good listener