

Health & Wellness Ambassadors

Job Description

What is a Health & Wellness Ambassador?

An official representative and promoter of holistic healthy living, including fitness, nutrition, mindfulness and substance prevention.

Ultimate Goals:

- ★ Learn about and promote healthy lifestyle choices
- ★ Create media about healthy living
- ★ Community outreach & education
- ★ Asset building, education, and promotion
- ★ Create and facilitate community change

Attributes an Ambassador should have:

- Positive role model - Walk the walk and talk the talk about living a healthy lifestyle
- Must be drug/tobacco/alcohol free
- Willingness to meet with the Health & Wellness team at least once per month
- Responsible, reliable & trustworthy
- Willing to work within a diverse team
- Sign up to be a 4-H member, sign and follow the “Code of Conduct”
- Willing to be photographed/recorded
- Available for events
- Willingness to collaborate with adults and/or youth to reach the community about the healthy living message
- Creative & Outgoing

Activities and Outreach Might Include:

- Conducting a program at an afterschool site or community location (school, YMCA, Boys & Girls Club)*
- Manning a table at a healthy living event*
- Create video/media for community outreach & education*
- Using social media to communicate about Health & Wellness Ambassador initiatives
- Learning about healthy habits/nutrition
- Recruit your friends to be Health & Wellness Ambassadors
- Provide leadership in your community about healthy living!*

**Opportunities are currently remote/virtual as of March 2021*

Funding for Health & Wellness Ambassadors is currently supported by:



Health & Wellness Ambassadors

Welcome Packet 2021

Who We Are: A team of Teen Leaders and Adult Mentors who advocate for a holistic healthy lifestyle across the state. Health & Wellness Ambassadors (HAWAs) are role models who help plan and implement the DE 4-H Healthy Living Program aimed at improving the health of themselves, their peers and their community. 4-H Healthy Living Program topics include nutrition, fitness, mindfulness and life skills.

What We Do: DE HAWAs are trained in various holistic health topics and often help to teach programs in the community. HAWAs also help to plan and work at local healthy living events across the state. There are Teen Leader HAWAs and Adult Leader HAWAs. Adult Leaders are often college-aged health science majors or graduates. Teen Leaders receive mentorship and support from Adult Leaders as a part of the program.

How to Join: To become a HAWA for the 2021 year please complete the online registration form. This will register you for the initial training March 2nd & 4th. You are not officially an ambassador until you complete the training. If you cannot attend the training, you may still register and please indicate so on the form.

Expectations: As a HAWA you are expected to:

- ★ Attend training opportunities throughout the year. Please plan to attend 1 initial onboarding/training:
 - Virtual via Zoom: March 2nd & 4th 4:00pm-6:00pm
 - Summer/Fall 2021 onboarding/training TBA
- ★ Learn one of our current school year nutrition and fitness curriculum(s)
- ★ Engage in interactive activities to build leadership, public speaking, self-confidence and youth-adult partnership skills.
- ★ Participate in our online video-chat ZOOM calls. ZOOM Link will be sent **If you cannot attend a ZOOM call please let program leader, Alyssa Whittaker asaienni@udel.edu know ahead of time:*
 - Specific meeting times and dates for 2021 TBA
- ★ Maintain regular access to email

Payment or Volunteer Hours: Want to get paid to be an ambassador? Or do you need volunteer hours? Either way, by becoming an ambassador you are eligible for stipend opportunities, as well as volunteer hour approval. More information will be provided at Health and Wellness Ambassador training and meetings.

Other Opportunities: WRITE FOR THE WEBSITE:

- ★ Submit a blog post for the Health & Wellness Resources Website to be featured as a Teen Leader writer. Write a 2-3 paragraph blog post/article using *research* and *science* to explain any health topic of your choice and to motivate your peers towards healthy behaviors. Add in a photo that you took and we will review your post and publish it to our website
- ★ Create a health, fitness, or wellness activity
- ★ Create social media posts and/or videos based on current health initiatives

Funding for Health & Wellness Ambassadors is currently supported by:

