

# Wellness Champion Training

*Provided by the St. Louis Area Business Health Coalition*



**Employee wellness champions** can contribute significantly to the success of workplace well-being programs by encouraging coworker participation in events and assisting with the communication and implementation of activities. But to many employees, this role may represent an unfamiliar territory. To help prepare employees, the BHC has developed a training program that provides a **“crash course”** in workplace well-being:

## **During this training, participants will learn:**

- What are the key elements of holistic well-being?
- How do workplace well-being programs create a positive impact for employees and businesses?
- What are best practices for workplace well-being programs?
- What is my role as a wellness champion?
- What are important components of my company’s current wellness program?

## **Other training benefits include:**

- Champion “About Me” information sheets to share with employees
- Certificate of completion signed by BHC and company leadership

To inquire about a **free** Wellness Champion Training for your worksite, please contact Lauren Remspecher at 314-721-7800 or [lremspecher@stlbhc.org](mailto:lremspecher@stlbhc.org)

