

2021 RESILIENCY CENTER WELLNESS CHAMPION PROGRAM

OVERVIEW

The Resiliency Center's Wellness Champion Program supports individuals and teams in addressing the wellness needs of their department/division/clinic. This program recognizes the two pronged approach to faculty and staff wellness, specifically building and maintaining resilience alongside optimizing the environment and structure of the workplace. **The goals of this program are to reduce burnout and optimize wellbeing.** This is an opportunity to make positive change in your group. Your group could be a clinic, academic unit, office, or other team.

Resiliency Center Wellness Champions will be supported and coached by the Resiliency Center in identifying the most significant needs of their group, selecting project(s) that have the highest likelihood of impact, determining metrics of success and identifying internal resources for project support. We encourage champions to form faculty/staff teams, but champions can also work alone.

Resiliency Center Wellness Champions function as change agents as they learn from one another and experts in bimonthly group sessions hosted by the Resiliency Center. By coordinating efforts, there is less chance of each group developing programs in silos but rather working in collaboration to build resilience together.

WELLNESS CHAMPION REQUIREMENTS

- **Who can apply:** Any University of Utah Health employee
- **Scope:**
 - Biannual meetings 10/27/2020 & 01/28/21
 - Quarterly one on one check-ins with Resiliency Center Team
 - Create & present project poster at the spring 2021 Evidence Based Poster Fair
- **Time Commitment:** approximately 0.05FTE over the course of the program
- Project funding provided for all projects
- Limited number of new champions accepted!