

The We in Well-Being

Become a **Healthy at Hopkins** Champion

Healthy at Hopkins Champions

volunteer to lead efforts to improve well-being within the Johns Hopkins community. By bringing education, resources and activities directly to their department or unit, they act as ambassadors for Office of Well-Being initiatives.

How to be an active champion:

- Commit two hours per month to support well-being efforts within your department.
- Partner with Healthy at Hopkins each month to provide well-being resources to your department.
- Share and showcase your creative approach to team well-being.
- Attend the quarterly Champion Connect meetups and complete skill-building offerings.

Application criteria:

- Receive partnership, support and a positive recommendation from your supervisor.
- Be identified as the one dedicated person on your team to apply for this volunteer role.
- Complete a successful 90-day probationary period, achieve satisfactory job performance and have no active disciplinary actions.

Take action:

- Speak with your manager about becoming a Champion.
- **Apply.**
- Meet with a Healthy at Hopkins team member.
- Complete orientation.

For more information, contact healthyathopkins@jhmi.edu.



A member of the Office of Well-being