



## Workplace Wellbeing Ambassador Program: Discussing Participation with your Manager or Supervisor

As a Workplace Wellbeing Ambassador, it is important to share and discuss your role with your manager or supervisor. Support from leaders is vital for workplace wellbeing. Keeping leaders informed of and involved in workplace wellbeing initiatives can positively influence sustainability and impact.

### Key Points to Share:

- Explain the responsibilities of the role to your manager or supervisor.
- Ensure that your manager or supervisor is supportive of you spending a bit of time each week on fulfilling your role as a Workplace Wellbeing Ambassador. The time commitment is approximately two hours per month and may include activities such as reading emails, participating in a brief orientation, attending virtual bi-monthly meetings and connecting with colleagues to share key resources.
- Contributing to workplace wellbeing aligns with the strategic direction of the university ([Shaping UBC's Next Century: Strategic Plan 2018-2028](#), [UBC Focus on People 2025](#), [UBC Wellbeing Strategic Framework](#))
- It can be helpful to share research findings that support the value of workplace wellbeing initiatives:
  - Environments that [support and enhance wellbeing](#) see increased engagement and productivity; higher retention rates; lower absenteeism; and increased work-life balance and overall health.
  - Colleagues and peers are often best placed to encourage and promote wellbeing at work. [Recent findings](#) suggest that employees are more likely to make use of mental health resources when they are endorsed by colleagues.

If you have questions about this resource or the Workplace Wellbeing Ambassador Program reach out to Amanda Swoboda, Wellbeing Specialist [amanda.swoboda@ubc.ca](mailto:amanda.swoboda@ubc.ca), for more information.