

Wellness Guide Attributes and Responsibilities



ATTRIBUTES

- Must have a **contagious enthusiasm** for wellness.
- May have more interest in one particular dimension of wellness but has awareness of and is supportive of all dimensions
- This person should be striving to lead a personal life of wellness.
- Good interpersonal skills.
- Must be **well respected** among colleagues and able to **motivate** those in local medical center and medical office buildings (MOBs).
- Must be able to operate well in a dynamic and changing environment.
- Should be creative.
- Must have the **insight** to step down if unable able to fulfill responsibilities.



RESPONSIBILITIES

- Active member of the regional wellness team. Able to think outside of the box, and contribute to shape a dynamic strategy.
- Communicate and promote wellness locally.
- Visibly model wellness.
- Be familiar with NWPWellness website to share tools/calendar events with your teams at huddles/meetings
- Promote quarterly participation in the NWP Wellness passport to all NWP clinicians
- Participate in quarterly meetings.
- Check Outlook calendar for message from Wellness team to help promote activities, benefits, programs