



**Samford University**  
Counseling Services

# COUNSELING & WELLNESS

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## Wellness Ambassador Program

*Manual*

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# COUNSELING & WELLNESS

## WELLNESS AMBASSADOR PROGRAM

### INTRODUCTION

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Thank you for your interest in the Wellness Ambassador program! In the pages ahead, you will find a detailed description of this program, a vision for growing campus wellness events and education, and specifics regarding student involvement and leadership.

We are looking for students who are invested in promoting mental health and holistic wellness to serve as Wellness Ambassadors through the Counseling & Wellness office. If you are interested in:

- Growing personal knowledge of 8 core components of holistic wellness
- Serving alongside Samford peers that share your commitment to personal health and wellness
- Facilitating wellness programs on campus
- Promoting positive mental health resources and practices for all students

...then browse the pages that follow.

Contact our office with additional questions related to the Wellness Ambassador Program.

Sincerely,

Lyndsay Cogdill Clark

**University Counselor & Wellness Coordinator**

Samford University Counseling & Wellness

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# COUNSELING & WELLNESS

## WELLNESS AMBASSADOR PROGRAM

### QUALIFICATIONS & REQUIREMENTS

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- Enrolled Samford University undergraduate student
- Declared in one of the following Majors or Minors, unless special exemption is given: Human Development and Family Science, Psychology, Sociology, Public Health, Nutrition & Dietetics, Health Informatics and Information Management
- Completed an 8-week Wellness cadre (*It is Well: 8 components of holistic wellness*) prior to year of appointed service\*
- Ability to commit to two semesters (in an academic year) of volunteer campus leadership & service
- In good standing with the university (academic, conduct, & financial)
- Understands fundamentals of holistic wellness and/or is open to learning about wellness in eight core areas: Physical, Emotional, Mental/Intellectual, Social, Spiritual, Environmental, Financial, Academic/Occupational
- Committed to peer education
- Strong communication skills and initiative
- Actively promote and embody Samford University's mission: *The mission of Samford University is to nurture persons in their development of intellect, creativity, faith and personhood. As a Christian university, the community fosters academic, career and ethical competency while encouraging social and civic responsibility and service to others.*
- Actively promote and embody Samford's Counseling & Wellness mission: *The mission of Samford's Counseling & Wellness office is to empower the students of Samford University to realize their academic and personal potential by promoting psychological, social, and spiritual wellness through individual counseling and outreach programming. While Samford's professional counselors are equipped to integrate and address spiritual aspects of personal growth, the student sets the tone and chooses when and how they would like to include this dimension into their therapeutic work.*

\* Rare exceptions will be up to Lyndsay Clark, Counselor & Wellness Coordinator

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### POSITION DESCRIPTION

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The Samford Wellness Ambassador Program is a leadership opportunity for enrolled undergraduate students who are interested in and committed to raising awareness about mental health and holistic wellness on Samford's campus. After completing a Wellness cadre in the spring semester of one's freshman, sophomore, or junior year, the Wellness Coordinator will make final selections from interested students for the Wellness Ambassador Program set to serve during the following academic year. Wellness Ambassadors serve one entire academic year as a campus leader and facilitator of wellness-related education, advocacy, awareness, and involvement. Participants work directly with the staff of Samford's Counseling & Wellness office to enhance the wellness outreach and programs provided each semester.

### Specific Responsibilities

- Conduct oneself in a professional and thoughtful manner at all times
- Promote wellness outreach and programming, including:
  - Cadres
  - Support groups
  - Workshops
  - One-time events: Seminars, documentaries, speakers, panel discussions, community walks
  - Current semester, examples can be found:  
<https://www.samford.edu/departments/counseling/wellness-programming/default>
- Research a topic that falls within one of eight fundamental areas of wellness during your year of service. These are: **Physical, Emotional, Mental/Intellectual, Social, Spiritual, Environmental, Financial, Academic/Occupational**
  - Collect *facts* regarding the specific topics and area of wellness
  - Collect *statistics* regarding the college demographic and the specific topic/area of wellness
  - Identify evidence-based *preventative care* measures regarding the specific topic/area of wellness
  - Identify *campus and community resources* regarding the identified topic/area of wellness
  - Give a presentation to Student Development and Support staff, and the other Wellness Ambassadors on research

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- Plan a campus-wide program/opportunity that raises awareness among Samford Students regarding the specific topic/area of wellness and has not already been addressed on campus during the given academic year.

Examples include:

- Alcohol education/substance use
  - Nutrition
  - Mental Illness diagnoses
  - Stress
  - Resiliency
  - Sexual Health
  - Sexual Assault
  - Grief/loss
- Update and maintain a campus resource list regarding holistic wellness supports available to students
  - Update and maintain a community resource list regarding holistic wellness supports available to students
  - Enhance the efficacy and expand the reach of C&W's educational efforts through collaboration with campus partners such as:
    - Student Leadership & Involvement
    - Greek Life
    - Office of Disability Resources
    - Student organizations (i.e. Active Minds, DREAM)
    - Title IX
    - Health Services
    - Athletics
    - Office of Spiritual Life

### Participant Learning Objectives:

- Improve leadership and professional skills, including public speaking, research, group facilitation, and planning
- Gain a personal sense of holistic wellness and understanding of how to maintain long-term healthy practices
- Enhance general knowledge about holistic wellness in eight fundamental areas
- Increase expertise and knowledge in one specific area of wellness & learn how to translate that into a wellness program
- Clarify personal goals and interests in long-term wellness work through professional and/or personal commitments

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### Reporting Structure:

All Wellness Ambassadors will report directly to **Lyndsay Clark**, University Counselor & Wellness Coordinator in the office of Counseling and Wellness. Director **Richard Yoakum** and other office staff are additionally available for consultation, oversight, and guidance; and will provide direct supervision in Lyndsay's absence. All functions of the Counseling & Wellness office are overseen by the Assistant Vice President of Student Development and Support, **April Robinson**.

### Time Commitment & Required Availability:

Wellness Ambassadors are expected to be available an average of **5 hours/week**. Hours will be spent participating in monthly wellness outreach and programming, include engaging in bi-weekly mentorship (i.e. consultation, reflection) with the Wellness Coordinator, and attending 2-3 trainings each semester.

### Benefits of Volunteer Leadership & Service:

Participating in Samford's Wellness Ambassador Program will give students the opportunity to develop life-long academic and professional skills. Additionally, this program is intended to promote personal well-being, insight and self-knowledge. This Samford sponsored leadership and service program can be included on a resume to enhance professional and graduate-level application content. Participants will learn how to work on a team with peers, collaborate with staff and faculty, network across campus, and translate research and statistical information into practical advocacy and programming for a diverse student body.

Wellness Ambassadors will engage in 2-3 special training opportunities each semester related to diverse populations and issues, personality and temperament, as well as how to ethically engage faith and spirituality in pursuit of holistic wellness. Participants will receive a Wellness Ambassador T-shirt to wear at sponsored events, as well as a book (*TBD annually*) that will guide team process and reflection during the year of service and leadership. Participants will have the opportunity to benefit from mentorship with the Wellness Coordinator throughout the academic year.

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### WELLNESS TRAINING

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#### **Wellness Cadre: *It is Well***

8-week cadre on core components of holistic wellness, advocacy, awareness, and involvement

#### Weekly Outline:

1. What is Wellness?
2. Component 1: Physical Wellness
3. Component 2: Emotional Wellness
4. Component 3: Social Wellness
5. Component 4: Spiritual Wellness
6. Component 5: Environmental Wellness
7. Component 6: Financial Wellness
8. Components 7 & 8: Academic/Occupational Wellness

#### **Additional Training**

#### **Examples of Potential Campus Training:**

- Meyers Briggs- Temperament Training
- Enneagram Personality Type Training
- Face to Face with Race
- Safe Zone Training
- Financial Literacy
- Stress Management & Burnout

#### **Conferences & Local Workshops:**

- *To be determined*



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