

## **Workplace Wellness Committee Certification Program**

"Turning wellness committee volunteers into onsite wellness champions."



# **MODULE 1: Defining Workplace Wellness and Setting Objectives**

- Workplace wellness fundamentals
- Overview of various wellness strategies
- Defining a healthy workplace
- Mission and vision statement support
- Setting objectives



### **MODULE 2: Creating a Healthy Culture**

- Leadership support
- Creating a dynamic, efficient committee
- Thinking and speaking like a wellness champion



### **MODULE 3: Successful Implementation Strategies**

- Which wellness program components make up your wellness program?
- Not the ABCs but the CVSs to drive employee engagement
  - Communication
  - Visibility
  - Supporting Programs
- Creating program depth

#### **MODULE 4: Evaluation**

- Establishing value What to measure and how to report
- VOI vs ROI
- Strategic wellness plan
- Where do we go from here? Next steps.



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