



Well-Being Champions: A Competency-Based Guidebook

Joel B Bennett

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Well-Being Champions: A Competency-Based Guidebook provides a step-by-step approach to becoming a champion for well-being in any work setting. Any effective well-being program requires a competent champion. Companies waste millions of dollars when they focus on the program and not the culture. Competent champions are the vital link needed to catalyze a healthy work culture and optimize program impact. This guidebook is an experience. Tools and exercises systematically help you: • Be a champion, not just an administrator • Invest in your own leadership development • Connect your personal and professional goals • Use practical tools to cultivate and craft your own competencies • Gain powerful insights to coach the culture, build a champion network • Create your own champion-based community of practice The tools in "Well-Being Champions" apply universally, having been used by Human Resources, Wellness Coaches, Employee-Assistance Providers, Prevention Specialists, and Trainers across a variety of occupations and industries (corporations, small business, military, non-profit). Content Highlights • A Three-part Map o Getting Ready o Steps Toward Building Competencies o Eleven Competencies: Foundation > Building > Sustaining • Over Twenty Tools and Self-Assessments • The Well-Being Champion Credo • Champion Self-Coaching Tool • The Science of Championship • Know the Environment

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