

## Select a Wellness Liaison

The **Wellness Liaison** is your organization's main point of contact with Lexipol for wellness. This person will strategize and coordinate wellness efforts within your organization to align with your goals. They will play an important role in your organization's success with the solution, so selecting a Wellness Liaison is one of the first steps you'll need to take to get the most out of your investment.

Your Wellness Liaison will:

### **Engage Advocates and Key Stakeholders**

Actively involve key stakeholders from across your organization in the initial training sessions to maximize organizational engagement and support.

### **Identify Success Metrics**

Establish clear benchmarks for success to evaluate the effectiveness of the wellness initiatives.

### **Provide Ongoing Feedback**

Offer continuous input to refine and enhance the program.

Whether your organization has established wellness initiatives and trained personnel or is just starting to formalize its program, Lexipol is here to help. Our goal is to support your success.

## Suggested Criteria for a Wellness Liaison

An effective Wellness Liaison will demonstrate the following strengths:

### **Authentic Leadership**

Authentic, respectful, and ethical people naturally inspire trust and motivation among colleagues.

### **Empathy and Communication**

Personnel who are empathetic and good communicators will be most effective in spreading the word about your organization's wellness initiatives.

### **Proactive Wellness Advocacy**

Those who actively practice, promote, and advocate for healthy living and stress management are role models for wellness.

### **Collaborative Spirit**

Strong collaborators who work effectively across organizational units and with external community partners are well-situated to enhance and expand wellness programs.