



## WELLNESS AMBASSADOR POSITION

**Summary:** ODA Wellness Ambassadors have a passion for helping dental colleagues at all stages of their career, including dental students. Whether it comes from personal experience or the desire to support your colleagues, a Wellness Ambassador is enthusiastic about overall health and wellness. They agree to provide a compassionate ear and assistance to their colleagues in navigating resources for the next steps to improve stress, practice issues, debt, family obligations, mental health issues, addiction and other life changes/difficulties.

**Term:** Ongoing, though ambassadors are asked to commit to this role for a two-year period. A Wellness Ambassador can step-down at any point in time by written notification to the ODA.

**Compensation:** ODA volunteer leaders do not receive compensation for their services but may be reimbursed for expenses.

**Time Commitment:** Time commitment is dependent upon member outreach to the Wellness Program. As a new program, it is hard to anticipate inquiry levels. ODA staff will work to evenly distribute inquires among all qualified ambassadors.

### **Responsibilities:**

- Commitment to lend an unbiased ear to a colleague going through a difficult time; share resources dependent upon specific issue area and help navigate next steps.
- Assist ODA staff with developing ways to educate ODA members on the Wellness program and resources available, including education programs to be offered at the Oregon Dental Conference and local dental societies.
- Participate in an annual training and other conference calls as needed
- Serve as an ambassador for ODA, promoting participation opportunities for members
- Responsiveness to calls for input, information, and feedback

### **Qualifications for Service:**

#### **Objective Criteria:**

- Current ODA member
- Interest or experience in specific area of Wellness.
- Ability to maintain confidentiality.
- Willingness to accept direction from the volunteer leadership and ODA staff as required
- Willingness at all time to act as a reflection of ODA's core values

#### **Subjective Criteria:**

- Professional demeanor
- Ability to execute a project as defined by the volunteer leadership
- Ability to convey ideas with respectfulness and consideration of differing viewpoints
- Respect for protocol and history of the organization

#### **Desired Skills:**

- Compassion for others
- Effective interpersonal communication
- A commitment to confidentiality