

Tips for Increasing Engagement in Workplace Wellness Programs

Programming that's relevant, useful, and top of mind gets the most engagement!

December 2025

Try Focusing on these 4 Keys to Engagement Success:

1. **Know Your Audience:** Use a survey to assess staff interest, availability, and motivation. **What you learn may surprise you.**
2. **Offer Variety:** Develop and implement programming based on people's interests and capacity. **Consider the 8 Dimensions of Wellness and Culture of Health principles.**
3. **Be Persistent:** **Don't be afraid of low-hanging fruit.**
4. **Test and Learn:** Collect feedback. **If it doesn't work, let it go.**

And Don't Forget...

- **Involve Your Leaders:** **Organizational change is key to sustainable impact.**
 - Report back to managers and leadership to create a true organizational Culture of Health.
 - Share proof and organizational ideas up the ladder to support change.
 - Nominate or sign up as an Executive Wellness Sponsor via our Executive Wellness Program.
- **Connect with other Ambassadors and Champions** for support, encouragement, and learning opportunities. **It takes a village.**
- Take the time to **congratulate yourself** on small and big wins. **What you do matters.**

Ambassador Resources

- Read the Ambassador Newsletter's "**Ambassador Spotlight**" section which highlights Ambassador Programs. (Search "**ambassador updates**" in your inbox!)
- Attend Ambassador events for the opportunity to network with other Ambassadors.
- Visit the Ambassador Listing to find other Ambassadors near your worksite. Connect to learn from one another or plan a program together.

