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Champions perform important functions that encourage employees across the organization to adopt Headspace for Work to address stress, anxiety, and depression.

○ Role modeling

Champions demonstrate the value and benefits of Headspace for Work and other healthy routines and habits.

○ Excitement

○ Connection

What's a *Waka*?



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a_a e_a a_a
a_v v_a
a be_a Hea_a e_a

P...a...a...

- Interested in mental health and wellbeing
- Enthusiastic about trying new things
- Approachable, well-liked, and respected at work
- A Headspace member or curious about the app

P...a...

- Good organization and communication abilities
- Team player
- Highly engaged in workplace social activities and networks
- Committed to improving organizational culture

Note: Champions should be a mix of employees at every level to reach a variety of social and professional networks.



Supply training and related materials.

Training sessions and documentation (such as our Admin Distribution Guide or various Member Engagement Kits) that outline talking points and possible scenarios provide a helpful framework.

Be clear about what the role requires—and what it doesn't.

It's important that champions understand the limits of their responsibilities and know how and when to ask for assistance.

Support Champions

Champions need support too, and you can serve as a mental health champion to them.

- **Provide ongoing assistance.**

Set up regular one-on-one meetings with champions for feedback and encouragement.
- **Review progress.**

Listen to champions about what's working and what's not, and make a good faith effort to address the feedback.
- **Recognize their efforts.**

Take time to celebrate wins and reward champions for their work.
- **Share results and stories in the workplace.**

Communicating the benefits of mindfulness in your workplace can lead more employees to seek out champions.

