



The Impact of Caring

Samford Wellness is committed to helping students thrive, and our Ambassadors are no exception. The Wellness Ambassador program is rooted in the ideals of peer leaderships and advocacy. Our Ambassadors are trained to share the importance of wellness with their peers while also advocating for the ever changing needs and challenges of college life.



CALEY INGRAM

"I want to be a wellness ambassador because I have learned that "health" does not only encompass our biological/physical state; health is so much more complex...I believe the Wellness Ambassadors are a means for me to begin my journey of improving and supporting my community's journey to complete wellness."

Contact Info

Interested in becoming a wellness ambassador? Contact the Wellness Coordinator, Katelyn Hayes, for more information.

-  205-726-4517
-  khayes1@samford.edu
-  @samfordcares
-  Health and Wellness Center, First Floor, Samford CARES Suite 128

Samford Wellness

Equipping students to live abundant lives through programs and initiatives that promote health and well-being.

Caring for your campus



Wellness Ambassadors

Peer leadership program to promote wellness through education, awareness, and programming.

Samford CARES
Helping Students Thrive



How does it work?

The Wellness Ambassador program works to train and equip students to be peer-leaders in promoting and modeling wellness. Our Ambassadors are trained in the 8 components of wholistic wellness and work to share this knowledge through social media, event planning, and training sessions for students organizations and classes. Students are encouraged to chose an area of Wellness to specialize and promote around campus.

Ideas for Specialization:

- Mental Health and Anxiety
- Food Insecurity and Nutrition
- Financial Wellness and Budgeting
- Physical Wellness and Joyful Movement
- Social Wellness and Healthy Relationships
- Vocational Wellness and Professional Development
- And so much more...

8 COMPONENTS

of Wholistic Wellness



HOW TO APPLY?



Go to Samford Wellness Page



Complete Application



Complete an Interview

Applications open March 1st.

SCAN TO APPLY



Requirements to Apply

Wellness Ambassadors represent students all around campus.

- Must be in good academic standing
- Active and in-person graduate or undergraduate student
- Able to commit 3-5 hours a week to projects, events, meetings, and other Ambassadors responsibilities
- Ability to understand and represent the mission of Samford CARES.
- Ability to commit two semesters of service and leadership
- Committed to learning and promoting the 8 components of wellness
- Professional communication and organizational skills
- Preferred that student has completed the It Is Well Cadre
- All decisions and exceptions are at the discretion of the Wellness Coordinator