

FAQ: What is a Workplace Champion?

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A workplace champion is a designated employee who helps coordinate, promote, and support participation in the Active Commute Challenge within their organization. They act as the main point of contact between the challenge organizers and their workplace.

What are the main responsibilities of the Workplace Champion?

A Workplace Champion typically:

- Encourages co-workers to sign up and participate
- Shares promotional materials (emails, posters, social media posts, etc.)
- Organizes workplace events or incentives, like group rides or prize draws
- Tracks participation and celebrates achievements
- Communicates updates and reminders about the challenge

Do I need special training to be a Workplace Champion?

No special training is needed. Champions will receive a toolkit with everything they need, including communication templates and promotional material. Champions are encouraged to reach out to TBDHU physical activity team for support.

What are the benefits of being a Champion?

- Recognition within your organization
- A fun leadership opportunity
- Direct contribution to your workplace's sustainability and wellness goals
- Eligibility for workplace champion prizes

Can there be more than one Champion per workplace?

Absolutely! Having a team of Champions makes it easier to reach more departments, plan events, and maintain energy throughout the Challenge.

How do I become a Workplace Champion?

Simply sign up through the Challenge website and contact us directly. We will get you started with all the tools and support you need and let you know if your workplace currently has an ACC Champion.

Contact: Lenna.Pehkonen@tbdhu.com