

Committee Members and Role Sharing

Worksite Wellness Committees can operate efficiently and avoid burn-out if members of the committee share responsibilities. Some of the roles that can be shared on a worksite wellness committee include:

Committee Chairperson: This position can be shared by two employees as co-chairpersons. The duties and responsibilities for one may be to handle the administration and communication needs of the committee. The other co-chair might be responsible for the overall program activities of the committee.

Program Coordinator(s): The number of program coordinators that the committee has is usually dictated by the number of programs and/or activities that are outlined in the action plan. By assigning a program coordinator to each activity that you implement at your worksite, you do not place the burden of all programs on one employee.

The important thing to remember is to share the responsibility among committee members and recruit employees who are not on the committee as well to serve on sub-committees. Other chairpersons that can be assigned and shared include:

Communications Chair
Employee Interest Survey Chair
Event Planner Chair
Management Liaison Chair
Action Plan Chair