

## NRCS Wellness Champion Statement of Interest

To express interest in serving as a regional or deputy area wellness champion, please complete the information below and provide it to your State Conservationist, Area Director, or Division Director, as applicable, **by the due date established by your State Conservationist, Area Director, or Division Director**. Alternatively, provide the information below in an email to the NRCS wellness inbox at [NRCSWellness@usda.gov](mailto:NRCSWellness@usda.gov) with verification of supervisor approval.

Please complete the following to help ensure the wellness champion cohort is a cross-sectional representation of all NRCS employees:

Name

Years of Service

Location (City, State)

Job Series or Position

Contact Information (email and phone number)

Office

---

Please provide a brief statement of your wellness interest and any information you wish to share about your own wellness journey. Consider the following prompts:

- What wellness means to you personally and professionally.
- Why work-life balance is important to you and how you maintain balance for a healthy mind and body.
- What your inspiration is for staying healthy and well, and if you have a mentor or guide that inspired or helped you on your wellness journey.

Wellness has many dimensions, such as emotional, environmental, intellectual, occupational, physical, social, and spiritual. **Using these terms or your own, please indicate your wellness area of interest (up to 3):**

**Concurrence**

Supervisor Name and Title

☐ Approved

Second Level Name and Title

☐ Approved

State Conservationist or Director Name and Title

☐ Approved