

Global Well-Being

Well-Being Ambassador Toolkit

*“Give to every human being every right that you claim for yourself.”
– Robert Green Ingersoll*

Human Rights

- **Human rights**, such as access to safe drinking water, education, housing, health care and food, are things we often take for granted. However, hundreds of millions of people throughout the world lack these basic human rights.
- We have the opportunity to make a difference in the world, and we are stronger when we work together for change.
- Research demonstrates that having a strong sense of purpose – loving what we do and feeling like we’re making a difference in the world – can have profound effects on our well-being, including our ability to build resilience and our overall physical and mental health.
- In honor of Human Rights Day on December 10, encourage employees to join AECOM in building a [Blueprint for a Better World](#).

What to Do

- **By December 6.** Send the attached well-being email to employees.
- **By December 10.** Send the attached WELLbinar reminder email to employees.
- **All month.** Promote the [Super 6 global challenge](#). Well-Being Ambassadors with the most engagement will win a prize!

3 ways to help advocate for human rights at your location...

1. [Select a cause](#) and host a [virtual fundraising event](#) with your colleagues.
2. Celebrate Human Rights Day on December 10. Take a well-being moment during a meeting to share a cause you support and encourage your team to talk about social causes they are passionate about.
3. Remind employees that it’s their last opportunity to **become a Super 6** and encourage them to share an impactful story about what they’re doing to support human rights.

For additional resources to help employees focus on their well-being, please visit the [Well-Being Ambassador Resources Hub](#).



Fact: *About 8.9% of the world's population, or 690 million people, go to bed on an empty stomach each night. If world hunger continues to increase at the same rate, this number will exceed 840 million by 2030.*

Source: [Worldvision.org](https://www.worldvision.org)