

Well-Being Ambassador Toolkit

“The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.” – Mortimer Adler

Well-Being Ambassador of the Month

Elisa Dominguez, Los Angeles

Elisa is a warm, welcoming and uber helpful member of the Los Angeles team. She is quick to respond to the needs of others, and goes above and beyond to support the well-being of new hires and existing employees. Always enthusiastic to provide a helping hand and keep well-being top of mind, she is the model of a great Well-Being Ambassador!

Learn more about Elisa and fellow [Well-Being Ambassadors](#), and stay tuned for another spotlight next month!

Learning New Skills

- **Developing a new skill**, such as learning a language, is a fun and creative way to enhance our well-being and broaden our perspectives.
- The act of learning something new – whether cooking, coding or picking up an instrument – can improve your memory, boost your confidence and introduce you to new people, concepts and ways of thinking.
- We’re encouraging everyone to learn a new skill this month. Need inspiration? Consider downloading [Duolingo](#) for free and learning a new language in celebration of [International Mother Language Day](#), which promotes language diversity and multilingualism.

What to Do

- **By February 5.** Send the attached well-being email to employees.
- **By February 16.** Send the attached WELLbinar reminder email to employees.
- **Anytime.** [Promote your local events](#) on the [WellBeingAtAECOM.com events calendar](#).

3 Ways to Encourage Employees to Learn New Skills

1. Schedule a **creative break** for the location(s) you support. Put it on employees’ calendars as a reminder on the same day each week for a month.
2. Start well-being groups at your location. Set up a spreadsheet on Teams and invite employees to sign up/vote for a well-being group that is of interest to them (e.g. walking group, reading club, debate team, etc.). Once the groups are decided, make sure to designate leaders/owners.
3. Remind employees about [AECOM University](#), which provides free content and access to hundreds of courses.

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



Fun Fact: *Speaking two or more languages – even if you learned the second language in adulthood – may slow age-related cognitive decline.*

Harvard Health Publishing



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