

Global Well-Being

Well-Being Ambassador Toolkit

“Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief.” – Marcus Tullius Cicero

Friendship

- Friends have a significant impact on our lives. They celebrate with us during the best times, help us through the hard times, and play an important role in our health and well-being.
- Friendships increase our sense of belonging, improve our mood, reduce stress and can even lengthen our life spans.
- In celebration of International Friendship Day on July 30, we’re focusing on the health benefits of great relationships and sharing ways to nurture them.
- Employees can connect with local and global colleagues in [Super 6](#) our new global challenge asking employees and their spouses/domestic partners to share how they have powered up their well-being with AECOM resources.

What to Do

- **By July 6.** Send the attached well-being email to employees.
- **By July 20.** Send the attached WELLbinar email reminder to employees.

3 Steps You Can Take to Help Employees Build Friendships at Work

1. Submit a well-being story to [Become a Super 6](#). Invite employees in your location to pair up and hold each other accountable to share their stories and vote.
2. Use [these tips](#) for engaging employees at your location in Super 6. The top 3 WBAs who get the most engagement at their location by December 2021 will win an exciting prize.
3. Encourage employees to send a gratitude note to their closest companion at work.

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

Well-Being Ambassador of the Month

Laura Taburet, Madrid, Spain

Laura is extremely passionate about well-being and is always eager to help her team members take their health and well-being to the next level.



Fun fact: *Social health is an important pillar in our overall well-being. In fact, studies report that a lack of social connection is a bigger detriment to health than obesity, smoking and high blood pressure.*

Source: [Stanford](#)



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