

Global Well-Being

Well-Being Ambassador Toolkit

“The care of the earth is our most ancient and most worthy, and after all most pleasing, responsibility.” – Wendell Berry

Connecting with Nature

- Whether it’s a nature walk, garden meditation session or family visit to the park, there are so many ways to connect with the planet and experience the benefits of nature.
- [Connecting with nature](#) is one of the easiest ways to boost our well-being — from elevating our mood to reducing stress.
- It also improves the well-being of the planet, too. The more time we spend building our bond with Mother Nature, the more we will protect, preserve and understand its needs.
- In celebration of [World Environment Day](#) on June 5, we’re providing resources to help employees grow empathy and passion for the planet.

What to Do

- **By June 4.** Send the attached well-being email to employees.
- **By June 16.** Send the attached WELLbinar email reminder to employees.
- **All month.** Learn about the new global [ClassPass benefit](#) and share with your teams.

3 Steps You Can Take to Help Employees Embrace Nature

1. Coordinate an outdoor activity with employees at your location, like a virtual picnic, at-home walking challenges or (if possible at your location) a charity walk/run. Remember to follow coronavirus guidelines.
2. Share what you're doing locally to meet [AECOM's Sustainable Legacies strategy](#).
3. Celebrate [World Environment Day](#) on June 5 by encouraging employees to [take a moment](#) to protect the planet.

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

Jan-Marie Agua, Honolulu, HI

Jan-Marie always has a positive attitude and takes pride in sending the well-being emails to her team each month. She happily and diligently fields employee questions related to well-being and makes a special effort to promote all of our global events.



Fun fact: *Spending just two hours outside a week can significantly impact our well-being. In a 2019 study, people who spent at least 120 minutes a week in natural environments were more likely to report good mental and physical health than those who did not.*

Source: [Yale Environment 360](#)



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