

Global Well-Being

Well-Being Ambassador Toolkit

“Great things are done by a series of small things brought together.”
– Vincent Van Gogh

Reduce your carbon footprint (and your spending)

- Conserving resources is not only an important way to help the planet; it’s also a great way to reduce spending and improve financial well-being.
- When you encourage employees to conserve, you give them a chance to think globally and act locally.
- By conserving water, electricity, gasoline and other resources, we can reduce greenhouse gas emissions and have a positive impact on the environment.
- Using less also means spending less. For example, taking a shorter shower or turning off the water while brushing your teeth reduces water waste and lowers your water bill.
- These small steps can add up over time to protect your future and that of the planet.

What to Do

- **By March 3.** Send the attached well-being email to employees.
- **By March 11.** Send the attached WELLbinar reminder email to employees.
- **By March 15.** Remind employees to register at WellBeingAtAECOM.com to participate in the [Flex Your Financial Fitness](#) challenge, which runs from March 16-24.

3 ways to help employees reduce their carbon footprint...

1. Celebrate [Global Recycling Day](#) on March 18 by encouraging employees to use only reusable items for the day and avoid disposable bottles, cups, plates and utensils.
2. Recognize an employee or team through the [Kudos](#) program for their efforts to incorporate sustainability into their office or home.
3. Ask employees to power down electronics (if possible) when they are done working for the day.

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



Fact: The World Health Organization estimates that 7 million people die each year as a result of pollution.

Source: [United Nations Global Compact. Business Leadership Brief for Healthy Planet, Healthy People, 2019](#)