

Well-being Champions Program Components Reader Program Design Matrix

This matrix depicts the key elements of the ACP Well-being Champions Program and provides options for lower or higher cost undertakings that you can tailor based on your organization's needs.

Well-being Champions Program Component	Lower Cost	Higher Cost
Overall Program Structure	<ul style="list-style-type: none"> • One time /as needed 	<ul style="list-style-type: none"> • Rolling Cohorts
Training Faculty and materials Participants Location logistics (e.g., space, food, AV)	<ul style="list-style-type: none"> • Leverage organizational expertise • Use existing materials • Participant pays training and any travel-related expenses • No honoraria for attending • In-house or other free location/ no meals provided/virtual training 	<ul style="list-style-type: none"> • Bring in consultant experts • Create training specific materials • Cost of course covered • Reimbursement for travel-related expenses • Honoraria for participation • Outside location/ catering charges
Champion Continuous Education	<ul style="list-style-type: none"> • None/ free options/ virtual 	<ul style="list-style-type: none"> • In person /fee courses
Program Infrastructure	<ul style="list-style-type: none"> • Occasional communications through listserv • No or limited data collection (e.g. well-being assessments, activity tracking, etc.) Use simple reporting forms • Use existing data collection tools e.g. existing employee surveys • Use free web services for any data collection 	<ul style="list-style-type: none"> • Regular online newsletter • Champion Resources Website • Online Activity Tracking • Ongoing regular well-being assessments and data analysis