Wellness Education Peers
Position Description 2018-19
(6 positions available)

Do You...

☑ Have an interest in mental health, resilience building and wellness promotion?
☑ Work well individually and as part of a team?
☑ Demonstrate creativity, and communicate clearly?
☑ Have good interpersonal, facilitation and liaising skills?

Position Overview
Wellness Education Peers are important members of the Student Life Centre (SLC) at Brescia. The Wellness Education Peer Program is a student driven program that emphasizes the motto of “by students, with students, for students” with advisement from the Student Wellness Educator. As a team of second to upper-year students, WEP’s will participate in developing campus-wide initiatives and key institutional messages using multiple approaches (ie. website, social media, workshops, print resources, video) to improve supportive attitudes and awareness of mental health/wellness. Wellness Education Peers will be known as mental health champions at Brescia and will encourage early help-seeking behaviours by teaching students about the mental health continuum, resilience building, increasing knowledge of self-care/self-management strategies and how to recognize when individuals should seek help.

Volunteer Functions & Responsibilities
The Wellness Education Peers are a team of second to upper-year undergraduate students who care about the mental health and wellbeing of their peers at Brescia. WEP’s support the SLC staff team in helping students strengthen their skills, strategies, and experiences for mental health and wellbeing.

Wellness Education Peers will:
• Co-develop and co-facilitate mental health and wellness workshops and special events with SLC staff.
• Promote Wellness Education Peer events, initiatives and resources to the Brescia student population.
• Develop relationships with student groups, faculty, staff, and other service units (ie. Residence, Library, BUCSC, etc.) to ensure approachability and to foster community, inclusion, and connection for all Brescia students.
• Actively participate and contribute to all team meetings, training sessions, and ongoing professional development opportunities provided through the SLC.
• Be responsible for a number of tasks throughout the year, taking on the organization and leadership for particular tasks (for example, marketing & communications, event planning & management, or wellness resource development).
Position Term & Commitment
- This role is a volunteer position from June 2018-April 2019 (June 2018- August 2018 minimal involvement)
- Time commitment (September 2018-April 2019): Minimum of five to ten (approx. 5-10) hours per week for the academic year. This may include some evening events.
- You are not expected to volunteer during university holidays, study days, and exam weeks.
- Regular bi-weekly (every second week) team meetings, which count as part of your volunteer hours for the week.

Bi-Weekly meeting schedule 10:00am-12:00pm:
- September 7, 2018
- September 21, 2018
- October 5, 2018
- October 19, 2018
- November 2, 2018
- November 16, 2018
- November 30, 2018
- January 11, 2019
- January 25, 2019
- February 8, 2019
- March 1, 2019
- March 15, 2019
- March 29, 2019
- April 5, 2019 (extra meeting for transition purposes)

Training
- Required two training sessions will take place on September 8th, 2018 and September 14th, 2018.
- Opportunities for continued professional development and training throughout each term, occurring in team meetings.
- Encouraged to suggest areas in which they would like additional training and seek opportunities that broaden and develop various areas of expertise.

Please note that training sessions and meeting times are mandatory and if you are a successful applicant, you will be expected to keep your schedule clear of classes or other commitments during these times.

Supervision
- The Wellness Education Peers are advised by the Student Wellness Educator in the SLC, who is responsible for the day-to-day management and development of the program. The Student Wellness Educator and the Wellness Education Peer Student Coordinator provides support and guidance to the Wellness Education Peers through bi-weekly meetings, one-on-ones, email/phone communication, training & development.

Qualifications
- Registered Brescia student in second, third or fourth year of studies at Brescia in September 2018.
- A cumulative average above 65%.
A strong interest and personal dedication to health and wellness, including making responsible and healthy lifestyle choices. Experience in health/wellness/resilience education is an asset.

- Tact, professionalism, and excellent time management skills.
- A willingness to learn, take initiative and follow through with tasks.
- Personable and comfortable speaking in a group setting and one-on-one or willingness to learn and grow in this area.
- Strong and consistent commitment to the Wellness Education Peer program throughout its duration.
- Previous campus volunteer or work experience, student leadership experience, and/or knowledge of Brescia/Western campus resources an asset.
- Desire to create and communicate engaging and accurate web based wellness development tools and resources for students through words, images, video and other media.

Benefits
- This position offers Wellness Education Peers the arena to develop a number of skills and opportunities for personal and professional growth, including:
  - Extensive training with an emphasis on your skill development
  - Acquisition of valuable knowledge about mental health, resilience and wellness education
  - Opportunity to enhance transferrable job-related skills:
    - Professional communication, facilitation, and coordination
    - Presentation and public speaking
    - Program/ resource development and marketing skills
  - Work alongside other volunteers who are also interested in contributing to their community and care about mental health, resilience and wellness
  - Official acknowledgement on your Co-Curricular Record: My Brescia Experience
  - Letter of Reference provided upon request
  - An opportunity to meet new friends and experience a sense of community

Application Process
- Online application
  - Complete and submit online application by: **Sunday, March 11th, 2018 at midnight** available at [https://forms.bresciauc.ca/wellnesspeers/](https://forms.bresciauc.ca/wellnesspeers/)
- Interviews
  - Will occur between **March 12th, 2018- March 23rd, 2018**
  - Selected candidates will be notified by **March 26th, 2018**.
- Required training **two** training sessions will take place on **September 8th, 2018** and **September 14th, 2018**.
- Bi-Weekly Meetings with begin **September 7, 2018**.
- **There will be a meet and greet on April 4, 2018 4:00pm-5:30pm and a transition meeting on April 6, 2018 from 9:30-11:30am.**