Wellness Education Peer Program Description
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.

Position Overview
The Student Coordinator role is a volunteer opportunity for an individual from a previous Wellness Peer Program to continue their professional development by assisting the Student Wellness Educator in administering all aspects of the programs. The Student Coordinator will assist with program administration, program development, workshop facilitation, Wellness Education Peer support, and other areas as needed.

Volunteer Functions & Responsibilities
Coordinating the Wellness Education Peer Program is an enriching leadership opportunity for students to work with their peers across campus in addition to enhancing personal leadership, facilitation and team-building skills in a supportive environment. The Student Coordinator will work closely with the Student Life Centre Staff Team to help enrich the experience of Brescia students enrolled in the Wellness Education Peer program.

The Student Coordinator will:
- Engage the Wellness Education Peers in early discussions re: wellness, resilience building and mental health throughout the summer months to help prepare the WEP’s for the academic year.
- Co-develop and co-facilitate Wellness Education Peer training sessions.
- Read and review any assignments throughout the program and provide reflective feedback for participants through written communication and/or 1:1 peer-coaching sessions.
- Assist SLC Staff with the assessment and evaluation of the Wellness Education Peer program.
- Promote the Wellness Education Peer Program and other leadership and involvement opportunities with the SLC to the Brescia student population.
- Facilitate team meetings in the absence of the Student Wellness Educator and/or as an opportunity to build facilitation skills.
- Actively participate and contribute to all meetings, training sessions, and ongoing professional development opportunities provided through the SLC.
• Assist the Student Wellness Educator with any other areas as needed.

Position Term & Commitment
• This role is an enriched volunteer position from May 2018 – April 2019
• Time commitment: Estimate of 3-5 hours per week in the summer months and 5-10 hours per week for the academic year (September – April). This may include some evening events
• Attendance at all scheduled Wellness Education Peer sessions and meetings
• Regular weekly 1:1 meetings with the Student Wellness Educator

Supervision
The Student Coordinator is advised by the Student Wellness Educator, with whom they will be working closely to co-develop and facilitate the Wellness Education Peer program/team.

Qualifications
• Brescia student in third or fourth year of studies
• A cumulative average above 65%
• Ideally, candidates will have successfully completed one year as a Wellness Peer in any Peer Educator role
• Strong organization, professionalism, and time management skills
• A willingness to learn; strong interest in mentorship, leadership, and coaching
• Ability to work independently, take initiative, and follow through
• Confident, personable, and comfortable speaking in a group setting and one-on-one
• Strong and consistent commitment to the Wellness Education Peer program

Benefits
This position offers a student the opportunity to develop a number of skills and opportunities for personal and professional growth, including:
• Opportunity for enhanced skill development with an emphasis on your personal goals
• Acquisition of valuable knowledge about mentorship and wellness development
• Provide peer coaching and support to program participants
• Co-facilitate workshops with the Student Wellness Educator
• Opportunity to enhance transferrable job-related skills:
  o Professional communication, facilitation, and coordination
  o Presentation and public speaking
  o Program development
• Official acknowledgement on your Co-Curricular Record: My Brescia Experience

Application Process
• Online application
  o Complete and submit online application by: Sunday, March 11th, 2018 at midnight available at https://forms.bresciauc.ca/wepstudentcoordinator/
• Interviews to be held between March 12th, 2018 - March 23rd, 2018
• Any questions, please visit the Student Life Centre (next to the Hive) or Leanne Ford, Student Wellness Educator, MSW, RSW, Leanne.ford@uwo.ca