

Wellness Peer Program

Student Coordinator Position Description 2021-22
(1 position available)

Wellness Peer Program Overview

Wellness Peers are important members of the Student Life Centre (SLC) at Brescia. With advisement from the Coordinator, Student Life & Learning and clinical support from the Student Wellness Educator, Wellness Peers will be responsible for holding weekly shifts in the Peer Support Space, for which they will receive significant training in September and will provide peer-to-peer support for mild to moderate mental health concerns. Wellness Peers are known as mental health champions at Brescia and hold space for students to seek support, provide on- and off-campus resources to students, as well as use psychoeducational tools to help guide students through challenges that may arise for them. Wellness Peers, through their provision of Peer Support at Brescia, are a first stop for many students prior to accessing further services.

Position Overview

The Student Coordinator role is a volunteer opportunity for an upper-year student who has previous experience in the Wellness Peer Program and seeks to continue their professional development in mental health and wellbeing. The Student Coordinator assists the Coordinator, Student Life and Learning in administering all aspects of the program including: administration, program development, workshop facilitation, Wellness Peer support, event lead for Bell Let's Talk Day, and other areas as needed.

Volunteer Functions & Responsibilities

Coordinating the Wellness Peer Program is an enriching leadership opportunity for the Student Coordinator to lead a team of their peers in delivering a pivotal service at Brescia that is part of a whole-campus approach to student wellness. In addition, the Student Coordinator will enhance their 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, as well as that of the other student leaders in the Wellness Peer Program.

The Student Coordinator will:

- Engage the Wellness Peers in early discussions regarding wellness, resilience building, and mental health throughout the summer months to help prepare the Wellness Peers for the academic year.
- Co-develop and co-facilitate Wellness Peer training sessions.
- Assist SLC Staff with the assessment and evaluation of the Wellness Peer Program.
- Promote the Wellness Peer Program and other leadership and involvement opportunities with the SLC to the Brescia student population.
- Event lead (planning, execution, delegation, scheduling) of Bell Let's Talk Day
- Facilitate team meetings in the absence of the Coordinator, Student Life & Learning, and as an opportunity to build facilitation skills.

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- Actively participate and contribute to all meetings, training sessions, and ongoing professional development opportunities provided through the SLC.
- Serve as the main contact when Wellness Peers are not available and coordinate scheduling for the Peer Support Space in the fall and winter terms.
- Assist the Coordinator, Student Life & Learning with any other areas as needed.

Position Term and Commitment

- This role is an enriched student leader position from May 2021 – April 2022
 - 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 initiatives.
 - You are not expected to fulfill any hours during university holidays, reading weeks, study days, and final exam periods.
 - Regular weekly 3-hour shift in the Peer Support Space
 - Regular weekly 1.5 hour Student Coordinator office hours in the Student Life Centre (shared space with other Peer Program Student Coordinators)
 - Regular weekly (0.5 hours/week) social media promotion of the Peer Support space and any other initiatives that are relevant
- Attendance at all scheduled Wellness Peer training sessions and meetings, including monthly clinical supervision circles (1 hour/month)
- Regular bi-weekly 1:1 meetings with the Coordinator, Student Life & Learning

Training

- Required training will take place on **Saturday, September 11, 2021 & Sunday, September 12, 2021 from 8:30am – 4:30pm.**
 - Peer support service (drop-in hours) begin on Monday, September 13, 2021.
- SafeTALK Training will be held on Friday September 17th from 1-4pm, 2021.
- Continued training and development will occur throughout the year during bi-weekly team meetings and monthly clinical circles.

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

Bi-Weekly Team Meeting Schedule (10am-12pm & LOCATION TBD)

- September 17, 2021 + Clinical Circle
- October 1, 2021
- October 15, 2021+ Clinical Circle
- October 29, 2021
- November 12, 2021 + Clinical Circle
- November 26, 2021
- December 3, 2021 + Clinical Circle + Celebration
- January 7, 2022
- January 21, 2022 + Clinical Circle
- February 4, 2022
- February 25, 2022 + Clinical Circle
- March 11, 2022

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- March 25, 2022 + Clinical Circle
- April 8, 2022 (extra meeting for transition purposes & celebration)

Supervision

The Student Coordinator is advised by the Coordinator, Student Life & Learning, with whom they will be working closely to co-develop and facilitate the Wellness Peer Program/team.

Benefits

This position offers the Student Coordinator the opportunity to develop a number of skills and opportunities for personal and professional growth, including:

- 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
- Opportunity to enhance transferrable job-related skills:
 - Professional communication, facilitation, and coordination
 - Presentation and public speaking
 - Program development
- Enhanced leadership among other Student Coordinators in Student Life's Peer Programs
- Official acknowledgement on your Co-Curricular Record

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
- Profound dedication to mental health and wellness
- 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 Peer Program
- Knowledge of Peer Support values and principles considered an asset
- Knowledge of mental health resources and supports at Brescia and Western, and in broader London community, considered an asset

Application Process

- Complete and submit online application by **Monday, February 22, 2021 at 11:59pm**
 - To apply, complete the [Wellness Peer Student Coordinator Application](#)
- Interviews to be held between **Thursday, February 25, 2021 and Tuesday March 2, 2021**
- All candidates will be notified of their status by **Wednesday, March 3, 2021**

If you have any questions or would like to request an application in an alternative format, please email us at bucstudent.life@uwo.ca