



# Wellness Peers Position Description

Wellness Peers are trained student leaders who play a key role in the delivery of services at the UBC Wellness Centre. The Wellness Centre provides UBC students with an open and supportive space to access timely health information, learn health-related skills and explore wellbeing through holistic activities and programming.

Using a peer-to-peer approach, Wellness Peers share evidence-based health information, connect students with wellness or academic resources, and have proactive wellness conversations with undergraduate and graduate students.

The Wellness Peers work under the direct supervision of a Health Promotion Specialist (HPS) and receive support from staff within the Health Promotion and Education unit.

## Primary Functions

- 1. Deliver service to UBC students by volunteering at the Wellness Centre on weekly shifts:**
  - Responding to student questions and engaging students in relevant, proactive wellness conversations about topics including: physical, mental, social wellbeing
  - Educating about safer sex products sold at the Wellness Centre, using a sex positive approach, and educating visitors about safer sex practices
  - Sharing information about appropriate on-campus and off-campus resources
  - Organizing and tidying the Wellness Centre space
  - Appropriately logging student interactions
  - Researching and enhancing knowledge of wellness topics on weekly shifts at the Wellness Centre
  - Other duties as assigned
- 2. Role model outstanding student leadership on campus:**
  - Embracing the role as an ambassador for student leadership and a representative of the Wellness Centre and the Health Promotion and Education unit
  - Upholding UBC's Respectful Environment Statement as a responsible member of the UBC community
  - Understanding the role that a Wellness Peer plays within a larger scope of leadership at UBC

## Time commitments

**Mandatory training** for the 2020-2021 academic year:

**Meet & Greet w/ existing Wellness Peers:** March 24<sup>th</sup>, 2020 (4:30-6:00pm)

**Spring Welcome (Community Building for all Peer Programs):** March 28<sup>th</sup>, 2020 – all day (time TBD)

**Wellness Centre Shadow Shifts:** April, 2020. (two separate 1-hr shadow shifts, observe current Peers)

**Core Wellness Training. Part 1:** Thursday, April 30<sup>th</sup>, 2020 - all day (time TBD)

**Summer Training:** Students will be provided with Canvas modules related to wellness (TBD)

**Launch and Learn (student leadership day for all Peer Programs):** Sept 6<sup>th</sup>, 2020 – all day (time TBD)

**Core Wellness Training. Part 2:** September 12<sup>th</sup>, 2020 - all day (time TBD)



**Please note:** All training sessions are **mandatory**. Successful applicants are asked to clear their schedule of all commitments during this time. Should you be unable to fulfill **any** aspects of the required training, **you may be asked to withdraw from the program**.

## Regular Meetings

**Term 1:** Every Tuesday from 4:00 – 6:00 pm, beginning September 15 to Dec 1, 2020

**Term 2:** Every Tuesday from 4:00 – 6:00 pm, beginning January 5 to April 7, 2021

## Weekly Commitment

Expected commitment is from March 18th, 2020 - April 30<sup>th</sup>, 2021.

A minimum contribution of 6 hours per week is expected from volunteers as follows:

- 4 hours of staffing the Wellness Centre
- 2 hours of mandatory training (Tuesdays 4:00-6:00 pm)

**Please note: This position is best suited to experienced students who are seeking a long-term commitment as a volunteer. Preference will be given to students who can commit two years as a Wellness Peer.**

## Desired skills and experience

- Experience interacting with people in a customer service or assisting role, either paid or volunteer
- Previous experience in a helping role
- Demonstrates skills in active listening and empathetic conversations
- Ability to communicate with someone in high intensity conversations
- Demonstrates ability to build rapport and communicate effectively with others
- High degree of comfort in taking opportunities to self-reflect and learn from experiences
- Recognition of one's own boundaries and emotional limits
- Ability to balance multiple priorities while maintaining good academic standing
- Flexible and open to change and new ideas
- Ability to take initiative and engage in creative problem solving
- Ability to apply knowledge into practical skill development
- Considers the diversity of audiences when promoting wellness

## Benefits of participating in this role

Wellness Peers will be trained in relevant health and wellness topics and will be expected to learn and practice skills as a peer helper and a student leader.

- Gain communication skills related to active listening, interpersonal communication, and peer helping
- Develop greater understanding about diverse perspectives and experiences related to student life and wellbeing
- Learn more about specific issues relating to student health and wellbeing
- Practice job-related skills and experiences that can complement academic programs and support career exploration
- Receive ongoing support, guidance, and feedback from professional UBC staff



*An open and diverse community fosters the inclusion of voices that have been underrepresented or discouraged. We highly encourage applications from members of groups that have been marginalized on any grounds including sex, sexual orientation, gender identity or expression, racialization, disability, political belief, religion, marital or family status, age, and/or status as a First Nation, Metis, Inuit, or Indigenous person.*