

**Peer Wellness Educator**

Peer Wellness Educators are students interested in contributing to health promotion activities on campus that help foster a healthy community. Peer Wellness Educators are responsible for advocating and educating Ontario Tech students on a variety of health topics including emotional well-being, self-care, sleep, active living, food and nutrition, substance use and sexual health. The Peer Wellness Educators develop and deliver workshops and displays, support events, disseminate evidence-based information and implement campaigns to promote health and wellness related resources available on and off campus.

As this is a new position, students will have the opportunity to provide input and help co-develop the Peer Wellness Educator role.

**TIME COMMITMENT:**

This position runs from May 2022 to April 2023. During this time, Peer Wellness Educators will:

* Attend a Meet n’ Greet with the Health Promotions Coordinator (1 hour) - May 2022.
* Complete required Leadership Foundations. If you have already completed Ambassador Level 1 you do not need to complete this step. Candidates who require this training will be contacted with further information on next steps (6-8 hours, mandatory) – Spring/Summer 2022.
* Attend Peer Wellness Educator training (3 to 4 hours, mandatory) – May 2022.
* Participate in a minimum of 3 Peer Wellness Education team meetings (1 hour each) – June to August 2022.
* Participate in weekly Peer Wellness Education team meetings to develop health and wellness initiatives (1 hour each) – September 2022 to April 2023.
* Expect to spend 3 hours per week outside of regular meetings for additional project work and event planning and facilitation.

**RESPONSIBILITIES:**

* Complete mandatory trainings and attend additional professional development opportunities as requested.
* Work collaboratively with other Peer Wellness Educators to develop programming and educational materials to foster a healthy campus community.
* Work with the Health Promotions Coordinator to plan, develop and deliver health and wellness initiatives.
* Collaborate with other university departments, groups, committees, and student clubs at Ontario Tech to deliver specific events related to health and wellness.
* Disseminate credible health and wellness information and resources to Ontario Tech students through displays, campaigns, workshops and social media.
* Apply a harm-reduction and anti-oppressive framework to educate peers on various health topics.
* Support and empower students to realize and achieve their personal health goals.
* Act as a role model of a balanced lifestyle, demonstrating respect for self, others, and for the community and echoing the University’s mental health and wellness messaging.
* Participate in program evaluation, which may include feedback and reporting forms, evaluations and/or focus groups.

**DESIRED SKILLS AND EXPERIENCE:**

* Passion for supporting student well-being and interest in a broad range of health and wellness topics including: emotional well-being, self-care, sleep, active living, food and nutrition, substance use, sexual health and more.
* Knowledge of current student health and well-being issues, and of Ontario Tech University’s well-being resources for students.
* Excellent communication skills and willingness to speak with groups of students, staff, and faculty on matters related to health and wellness in order to reduce stigma and promote prevention and early help-seeking.
* Ability to create an accessible and safe environment for discussions around health and well-being topics, listen respectfully and provide supports while remaining non-judgmental.
* Handles confidential and sensitive issues with tact, discretion, and empathy;
* Effective project management skills with strong attention to detail while working within a team of other students.
* Excellent research abilities and ability to analyze information from different sources;
* Strong organizational and time management skills.

**Outcomes**

* Gain hands on experience in health promotion and knowledge on a variety of health and wellness topics.
* Strengthen leadership and presentation skills.
* Develop relationships with groups and organizations both on and off campus.
* Support the overall health and wellness of Ontario Tech students and the campus community.
* Develop program planning and evaluation skills.