

POSITION TITLE: *Peer Wellness Advocate (Wellness and Wellbeing)*

POSITION SUMMARY:

As a key piece to Western's Wellness & Wellbeing prevention work, **Peer Wellness Advocates** (volunteer role) will represent the **Peer Wellness Academy**, delivering health and wellness messaging across campus in both formal presentations in large classes and in easily accessible boothing/engagement activities (including sidewalk chat sessions). Messaging from the peer wellness academy will:

- Encouraging basic strategies and skills for prioritizing student wellness, including: healthy, balanced eating; prioritizing quality sleep; regular exercise and movement; regular reflection and mindful attentiveness to thoughts and feelings; and taking time to play and connect in person with others.
- Encouraging harm-reduction strategies to alcohol and drug use and social media or passive screen use.
- Provide information on wellness services within Western's Wellness and Wellbeing and encourage students to utilize services to maximize their wellbeing.

Wellness and Wellbeing is dedicated to supporting students to prioritize their mental, emotional, social, and physical wellness, as per the Student Experience Strategic Map 2023-2028. The Wellness and Wellbeing team utilizes a stepped care model, and this program is meant to provide students the lowest possible step in caring for their own wellness through preventative and proactive messaging around prioritizing aspects of basic wellness.

What will you gain from this role?

- Develop and enhance skills for interpersonal communication, help peers, obtain teaching and leadership experience.
- Experience in directly positively influencing a culture of wellness across Western University.
- Gain exposure to and awareness of both common challenges students face related to managing their own wellness, and strategies related to addressing wellness in a holistic and multi-faceted way.
- Attain personal satisfaction and growth from being involved in a helping capacity.
- Become proficient in public speaking, communication, and team participation.
- Receive feedback via a midterm and year-end performance review.
- Obtain recognition through Western's Co-curricular Record.
- Honoraria offered at conclusion of responsibilities.

Key Responsibilities:

- Attend provided training in September (details to be confirmed). Unless pre-approved, failure to attend this training day will revoke the ability to be a peer (or something like this).
- Attend and participate in monthly 1h check-ins with other wellness advocates and coordinators.
- Commit to minimally 3 monthly engagements, which could include:
 - provide brief (>10min) pre-structured presentations on wellness strategies and skills through fall and winter terms, providing at least 2 presentations each term. You may also be requested to provide coverage for these presentations if there is a last-minute change of a volunteer's availability (e.g. due to sickness).
 - host booths/engaging outreach opportunities to facilitate and initiate conversations about wellness strategies and skills at different locations around campus through fall and winter terms, covering at least 2 shifts each term. They may be expected to provide coverage for these boothing/outreach opportunities if there is a last-minute change of a volunteer's availability (e.g. due to sickness).
 - Set up a sidewalk chat session
 - assist with special wellness events on campus (e.g. World Mental Health Day).
- Complete reflections periodically throughout the year. One reflection task may include goal setting.
- Promote and maintain a welcoming and supportive atmosphere among the volunteer peer wellness advocate team, treating others with dignity, respect, and equity.
- When speaking with students while at an event or presentation, maintain appropriate boundaries within the role, which involves providing recommendations for simple wellness strategies (advocating) and does not include advice or input related to physical, mental, or relational health challenges outside or gentle recommendations for referrals to services within Wellness and Wellbeing (referral to professionals).
- Use collaborative strategies to promote wellness.
- Discuss with supervisor any questions, difficulties, or problems, including scheduling conflicts (e.g. exams, sickness).

Position Requirements:

- Undergraduate students with a strong interest in health promotion. Students representing health or health-adjacent faculties may be given priority.
- Strong communication (attending, listening, speaking) and interpersonal skills.
- Good working knowledge of campus resources.

- Problem-solving abilities.
- Registered for the 2025-2026 academic year with the intention of remaining in London for entire the academic season (e.g. no exchanges).

POSITION SPECIFICS:

Term Length:

- Fall/Winter terms, September 2, 2025 - April 30, 2026 (training tentatively scheduled for mid-September)

Time Commitment:

- Approximately 2 hours per week, which would involve: attending and providing presentations; coordinating with team members; attending monthly team meetings.

Position Training:

- Western Peer Leader Training (see below)
- 1-2 days of role-specific training in late August/September (TBD).
- Approximately 1 hour per month of professional development with Wellness and Wellbeing at monthly team meetings.

Western Peer Leaders (WPL) Training:

- Complete Human Resources Training:
 - WHMIS (60-90 min)
 - Health & Safety (45-60 min)
 - Safe Campus (30 min)
 - AODA (45-60 min)
- Complete WPL Fundamental Training:
 - Code of Conduct, Ethics, Etiquette & Boundaries
 - Equity & Inclusion e-Learning Module
 - Gender-Based Violence Policy e-Learning Module
 - Indigenous Initiatives Content & Reflection
- Complete Confidentiality Agreement and Student Contract
- Complete Student Feedback Form and/or Student Self-Reflection (one per term)

** Trainings subject to change

REPORTS TO:

Wellness and Equity Education Manager, AnnaLise Trudell (PhD), or designate.

Application Method:

Login to [Western Connect](#), and navigate to the **Western Peer Leader posting boards** to find this job posting and instructions on how to apply (ex. Uploading/emailing required application documents or redirecting to the [Working at Western](#) website).

Western Values Diversity:

The University invites applications from all qualified individuals. Western is committed to employment equity and diversity in the workplace and welcomes applications from women, members of racialized groups/visible minorities, Indigenous persons, persons with disabilities, persons of any sexual orientation, and persons of any gender identity or gender expression. Accommodations are available for applicants with disabilities throughout the recruitment process. If you require accommodations for interviews or other meetings, please contact our Administrative Officers at egalea2@uwo.ca or 519-661-2111 ext. 85912 or shona.casserly@uwo.ca or 519.661.1111 (89081).