

POSITION TITLE: **Peer 2 Peer Wellness Leader** (Wellness and Wellbeing)

POSITION SUMMARY:

As a key piece to Western's Wellness & Wellbeing prevention work, the Peer Wellness Leader (volunteer role) will represent the **Peer 2 Peer Wellness Program**, delivering health and wellness messaging across campus in both formal presentations in large classes and in easily accessible boothing/engagement activities. 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.
- Stipend offered at conclusion of responsibilities.

Key Responsibilities:

- Attend required training in early September (details to be confirmed). Attendance is mandatory unless pre-approved.
- Participate in regular team communications and check-ins with Peer 2 Peer Wellness team members.
- Commit to approximately 2 hours per week, including:
 - Delivering brief (>10 min) pre-structured presentations on wellness strategies and skills.
 - Hosting wellness booths or other campus engagement activities to initiate conversations about wellness strategies and skills.
 - Assisting with special wellness events (e.g., World Mental Health Day).
- Uphold Wellness & Wellbeing values, including harm reduction, equity, and respect, and collaboration, while maintaining appropriate role boundaries and sharing wellness strategies and support services on campus.

Position Requirements:

- Undergraduate or graduate student with a strong interest in wellness promotion.
- Registered for the 2026–2027 academic year with the intention of remaining in London for the full academic year (e.g., no exchanges).
- Good working knowledge of campus resources and a willingness to continue learning about additional services.
- Demonstrated peer leadership experience.
- Strong communication skills, including attending, listening, and speaking, as well as interpersonal skills.
- Strong problem-solving abilities and ability to work collaboratively.

POSITION SPECIFICS:

Position Length:

- Fall/Winter terms
- Training in August/September

Time Commitment:

- Approximately 2 hours per week (excluding required training), which would involve: delivering wellness presentations and facilitating wellness booths, events, and other engagement activities.

Position Training:

- Western Peer Leader Training (see details below)
- Required one-day training in early September

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:
 - Boundaries E-Learning Module
 - 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).