

# Community Wellness Assistant

## Position Summary:

As a member of the Student Life team, the Community Wellness Assistant creates educational campaigns, resources, opportunities for dialogue, activities and events that promote a culture of community and personal wellness. The role of Community Wellness Assistant is twofold: to make the Wellness Room a safe and known place for students find Wellness, and to destigmatize mental illness, while promoting holistic health, and healthy ways of living to help students find personal success. The assistant will be supervised and supported by the Community Wellness Coordinator and will work approximately 8 hours a week.

**Employment Dates:** August 25, 2021 – April 30, 2022

**Reports to:** Student Wellness Coordinator

## Qualifications for all Student Leader positions:

- Open and willing to serving within a Christian context
- Support the King's mission and vision as well as demonstrate a commitment to King's community values
- Maintain a current and cumulative GPA of 2.5 or above
- Registered in at least your second academic year at King's throughout term of position

## Qualifications for the Community Wellness Assistant role:

- Ability to develop strong interpersonal relationships
- Ability to work in a team
- Effective time management skills
- Confidence in leading groups of students
- Self-motivated
- Interest in providing personal support to students
- Strong communication and problem solving skills
- Self-reflective, mature and reliable
- A high degree of self-awareness and capacity to apply appropriate boundaries
- Experience with overcoming a personal, mental health or academic challenges
- Awareness of and sensitivity to a diverse number of issues.
- Non-judgemental and open minded
- Ability to be creative and flexible in your approach to providing programming for your peers amidst the changing times.
- Keep up to date with COVID regulations.

## Responsibilities:

- Attend orientation (fall and winter) in order to welcome incoming students into King's
- Help improve, maintain and advertise the Wellness Room
- Drop in hour in the Wellness Room
  - Adhere to policies regarding confidentiality and boundaries.
  - Help students clarify their own thoughts and ideas related to their issues
  - Make referrals to the Counselling Psychologist as necessary
  - Facilitate the decision making process (personal and/or academic) of students seeking assistance



- Research, create and distribute wellness flyers to go in bathroom stalls based on the Wellness Program Plan for the year.
- Assist in planning and delivering wellness initiatives such as the King's Wellness Journey.
- As a team, plan and run one Wellness Week per semester.
- Assist in coordinating one wellness event per semester. One per leader equals three events each semester.
- Larger events will be planned together with other Student Leader teams.

**Key Dates:**

Mandatory training will be provided to student leaders

**Expectations for all Student Leader positions:**

- Serve as a role model by demonstrating integrity inside and outside of the classroom
- Demonstrate ability to develop strong interpersonal relationships
- Set an example for what a successful student looks like by living with integrity, participating in activities throughout the year, and contributing to King's community life
- Demonstrate sensitivity toward diversity issues through friendship and advocacy for students.
- Have a working knowledge of and abide by the regulations, policies, and procedures of King's as described in the Student Handbook and Community Living Standards

**Compensation:**

- Community Wellness Assistants will be paid \$1520 divided semi-monthly for the duration of the contract. Payment is processed through King's payroll. This is based on 6 hours/week.
- Free admission to the Fall Student Retreat

**Please Note:** Irregular hours; must be prepared to work on some evenings and weekends