

# Wellness Champions Network



## What is the Wellness Champions Network?

The Wellness Champions Network is an initiative designed to promote resident wellness and to recognize and empower resident leaders within postgraduate medical education at UBC. The network is not intended to replace or replicate existing resources within your program, rather to broaden and strengthen the availability of peer support for all residents.

## Join the network!

Residents and fellows – from any year of training and from any program or site – are eligible to join the network. As a Wellness Champion, you'll encourage dialogue around wellness in residency, share wellness communication from the Resident Wellness Office, remain familiar with support services and wellness resources, and serve as a wellness contact for peers. This is a volunteer role that would be appointed for one year (or longer) and would involve a minimal time commitment, approximately 1 to 2 hours per month.

Benefits of becoming a wellness champion:

- Earn a certificate acknowledging your volunteer contribution, signed by Associate Dean of Postgraduate Medical Education;
- Address the CanMEDS 'Professional' competency: "Demonstrate a commitment to physician health and well-being to foster optimal patient care";
- Develop skills in leadership and peer support;
- Potential for skills training (e.g.: safeTALK workshop).

To sign up to be a Wellness Champion, you can do so on the Wellness Champions Network website: <http://postgrad.med.ubc.ca/resident-wellness/resources/wellness-champions/>.

