

WELLBEING AMBASSADORSHIP DESCRIPTION

ABOUT THE ROLE

As a Wellbeing Ambassador, you will play a key role in promoting positive wellbeing and making a meaningful difference among your peers. You will receive *Wellbeing Skills for Student Leaders* training accredited by Student Minds, along with guidance on safeguarding and signposting students to support services. We will also work with you to tailor additional training sessions to help you develop the skills you're interested in. As part of your role, you'll be involved in planning and supporting wellbeing-related events and campaigns.

Please note: this is a voluntary opportunity.

KEY RESPONSIBILITIES

- Regular contact with your designated Wellbeing Advisor who you will be reporting to.
- You will be an approachable point of contact when on campus for your peers when they require advice and support with wellbeing related matters.
- You will help in promoting better wellbeing through different projects, campaign and events (in-person or online) e.g. Home Away From Home.

TRAINING PROVIDED

- Core Wellbeing Ambassador training.
- Student Minds Training: [Wellbeing Skills for Student Leaders](#) & [Look After Your Mate Training](#). Along with a refresher partway through the programme.
- Additional external Mental Health related training upon request.

PERSON SPECIFICATION

	Essential	Desirable
<i>Strong level of empathy when discussing difficult topics.</i>	x	
<i>Basic understanding and/or interest in wellbeing/ mental health.</i>	x	
<i>Personable, approachable, and friendly.</i>	x	
<i>Familiarity with university services and comfortable with signposting students.</i>	x	
<i>Eager to learn and pick up new skills.</i>	x	
<i>Comfortable in participating and/or running wellbeing events and campaigns.</i>	x	

<i>Comfortable in creating and/or featuring in wellbeing related social media content.</i>		x
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SKILLS YOU WILL DEVELOP

Skills/experience developed	Brief Explanation:
<i>Mental health specific training</i>	<i>Comprehensive training package designed to give ambassadors the confidence to participate in peer-to-peer support for the student body.</i>
<i>Services knowledge</i>	<i>Through the promotion of wellbeing and mental health services offered by the University.</i>
<i>Confidence</i>	<i>Through involvement in the shaping of the project, meeting students and informing them of relevant information on mental health and wellbeing.</i>

DURATION AND AVAILABILITY

- Availability: ad-hoc.
- Duration: until graduating.