HealthBuffs Program
Peer Wellness Coach Job Description

Position Summary
Health Promotion is recruiting HealthBuffs peer wellness coaches for the 2020-2021 school year. A peer wellness coach (PWC) promotes greater student well-being by working with their peers to increase awareness of wellness resources on campus, provide support, and encourage responsible decision-making. Peer wellness coaches support students in realizing their own wellness goals through a positive, strengths-focused approach. Typical coaching topics include physical and emotional well-being, goal setting, stress reduction, time management, etc.

Benefits
- Be a part of creating a culture of wellness on campus
- Opportunity to influence student health and wellness and make a positive impact on campus
- Work with a highly skilled, diverse group of students committed to providing accurate, nonjudgmental health and wellness information to the CU Boulder community
- Mentorship and training, including nationally recognized peer educator certification
- Flexible work schedule
- Fast-paced, innovative, and collegial working environment
- Expanded knowledge of general college health issues

Key Tasks and Responsibilities
- Provide individual wellness coaching sessions for students:
  - Engage in coaching conversations with students focused on developing wellness goals, working toward achieving their goals and creating skill-based action plans
  - Maintain a safe and respectful environment for students to discuss their wellness goals
  - Facilitate connection to Health and Wellness services and other campus resources for students
  - Respond to requests from the residential communities, student organizations and other campus partners to participate in activities promoting wellness coaching and student health and wellness
- Participate in training and leadership development opportunities

Qualifications
- Prior experience should include skills in customer service, outreach, coaching, mentoring, leadership or volunteer and/or student organization work.
- A current degree seeking CU student enrolled in six or more credits
- Have and maintain a 2.5 or higher grade point average (GPA)
- Ability to commit to the peer wellness coaching position for one academic year
- Strong interest in enhancing student health and wellness
- Highly organized, dependable, and reliable
- Ability to work independently and as part of a team with students, student employees, and professional staff
- Willingness to discuss sensitive topics
Work Expectations

- PWCs should expect between 15 - 20 hours of work each week
- Ability to work a flexible schedule to accommodate time in training, supervision, outreach and coaching sessions
- Staff outreach events related to peer wellness coaching
- Commitment to working some evenings and weekends
- Completion of the NASPA Certified Peer Educator Training
- Attendance at mandatory training before the school year starts from August 12th – 14th 2020 and August 17th - 21st and weekly Monday night meetings from 5:00-6:30pm during the academic year

Compensation
Starting at $15/hour

Applications accepted until March 20 or until positions are filled, whichever occurs first. Rolling interviews will begin the week of March 30.