



Project Title: Peer Wellness Coaching Program

Project Summary *(150 words maximum)*

A peer wellness coaching program is being proposed to support students needing individualized assistance in development and/or strengthening self-management skills. These skills include but are not limited to; stress management, wellness balance, resilience building and a range of other foundational self-management skills. This program will target students wanting or needing assistance in skill development but who are not in need of professional mental health services. While on-line and workshop based resources exist on campus, no opportunities exist for students to receive individualized support in these areas.

The proposed program will be a collaborative venture with oversight provided by Counselling Services and Student Health Service, direct supervision and coordination provided by Wellness Centre staff, and ongoing consultation regarding referrals provided by Counselling Services as needed. Senior undergraduate students will be recruited and would receive training in peer coaching through Bounce Back, a Canadian Mental Health Association (CMHA) BC Division community coaching program designed to help build wellness skills with an evidence based training model. Trained peers would provide wellness coaching on-line to UBC students needing assistance with self-management skill development.