

Project Title: Peer Wellness Coaching Program

Project Summary *(150 words maximum)*

In its second year, the Peer Wellness Coaching program will continue 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 targets students wanting or needing assistance in skill development but who are not in need of professional mental health services.

In 2014-15, the program will be evaluated and refined in the following areas: peer coach training, online program platform, and program delivery. The program will be further enhanced with the development of multi-media resources and content curation to develop a knowledge base for peer coaches to effectively help students meet their individualized wellness goals. Peer wellness coaching staff will provide leadership for the peer coaching community of practice which supports sharing of best practices across campus in wellness, career and academic coaching.