

UBC Workplace Wellbeing Ambassador Spotlight

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Why did you decide to become a WWA?

A colleague of mine at CIVL suggested this honorary role as I have shown interest in the health and wellbeing of our undergraduates, as well as staff and faculty. I thought it was a great opportunity to connect with like-minded individuals across campus, increasing mental and physical health awareness.

What has been your favourite part about being a WWA?

My favourite part of being a WWA is connecting with wonderful people across campus who have a deep innate sense to help others with their wellbeing. As we have noticed in the past year or so, this is more important than ever! Throughout my time as a WWA, I have been so inspired by other people's wellness initiatives and amazed

at the amount and quality of free facilitated and self-guided wellbeing webinars available to all UBC staff and faculty.

Can you tell us one thing you have done as a part of your Ambassador role and how it benefited your department?

As part of my Ambassador role, I booked the Move U Crew for our weekly staff check-ins. The Move U Crew has been nothing short of amazing! So often we are sitting or just stagnant during our workday and this is a chance to collectively move and get the blood pumping. Several of my colleagues have enjoyed this as a regular practice and it has brought us closer together, especially in this last virtual year.

What advice do you have for people who are considering becoming a WWA?

Don't hesitate! This is a wonderful opportunity for you and your department and you'll meet some inspiring, supportive, creative and encouraging people along the way. This has become one of the best UBC communities I have been a part of and I am so grateful.

How do you Thrive? (i.e. What are some strategies you incorporate for your wellbeing)

I thrive by practicing daily self-care. This can look like reaching out to a loved one, allowing for a mental and/or physical break or heading to the UBC pool to get some laps in before work. I also really like pushing myself into unknown and/or uncomfortable situations; so often this is where we learn and grow the most!