

SCHULICH MEDICINE & DENTISTRY WELLBEING PROGRAM

PEERS for PEERS

VISION

FACULTY WELLBEING MATTERS, CARING FOR OURSELVES BY BUILDING A PROGRAM

INCENTIVE

HEALTH & WELLBEING LINKED TO QUALITY & SAFE PATIENT CARE

SKILLS

DECANAL LEADERS AND FACULTY WELLBEING LEADS FORM TEAM

RESOURCES

SCHULICH WELLBEING COMMITTEE

ACTION PLAN

PROGRAM LAUNCH

UTILIZING THE
5C's
OF RESILIENCE

CONTROL • COMMITMENT
CONNECTIONS • CALM • CARE

M. Gautam CJPL vol1.no3

10
+ 17
= 1



Decanal
Leads



Wellbeing
Leads

**SCHULICH WELLBEING
PROGRAM**

One Academic
'A TEAM' for 2500 Faculty



GPS

GUIDING PEERS
OF SCHULICH

WHAT:

Peers will Talk to peers who understand each other, "Are you OK, how may I help?"

WHAT:

Peers will Listen Confidentially, build Trust by arm's length Chair Distancing, "I hear you".

HOW:

Peers will Empathize, "I understand that can happen", "What an experience".

WHEN:

Peers will Follow-up, "I will check in on you", "I will help guide you to assistance ASAP".

NEED TO KNOW



WELLBEING = CARING

WHY:

Peers Care for peers as WE are all in it together, "Buddy up" with one another.

WHY:

Peers share concerns about redeployment retraining, anxieties together.

WHY:

Peers Know about PPE challenges and understand the value of PPP = Prevent Pre-PTSD.

NICE TO KNOW