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

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.

NEED TO KNOW
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”.

0 = Decanal Leads

17 = Wellbeing Leads

10 + 17 = 1

SCHULICH WELLBEING PROGRAM
One Academic 'A TEAM' for 2500 Faculty

schulich.uwo.ca/facultyaffairs