**VISION**
Faculty Lives Matter, 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**

**WHO:**
Decanal Leads
Wellbeing Leads

**WHO:**
10 Decanal Leads
17 Wellbeing Leads
1 Schulich Wellbeing Program

**WHO:**
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”.

---

**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.

---

**VITALITY**
FACULTY LIVES MATTER, 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

---

**WELLBEING PROGRAM**
PEERS for PEERS

---

**NEED TO KNOW**

**WHO:**
Decanal Leads
Wellbeing Leads

**WHO:**
10 Decanal Leads
17 Wellbeing Leads
1 Schulich Wellbeing Program

**WHO:**
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”.

---

**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.

---

**WELLBEING PROGRAM**
PEERS for PEERS

---

**NEED TO KNOW**

**WHO:**
Decanal Leads
Wellbeing Leads

**WHO:**
10 Decanal Leads
17 Wellbeing Leads
1 Schulich Wellbeing Program

**WHO:**
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”.

---

**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.