Interested in Health and Wellness?

We are looking for Wellness Ambassadors for 2 Residence Halls

The Wellness Ambassador position at Saint Louis University has been created to provide students with educational experiences designed to encourage a healthy lifestyle. A Wellness Ambassador can be an undergraduate or graduate student who either lives in the residence hall or can commit to spending 5-10 hours a week in the residence hall they are assigned to. The assignment to a particular residence hall is for one academic year. The Wellness Ambassador will work with the students and staff in his or her residence hall and occasionally with the people in other halls to further the wellness-related goals of Residential Education. Each Wellness Ambassador will serve as the liaison between their residence hall, Residential Education, SLU Wellness and other related departments. The Wellness Ambassador will encourage and promote healthy living through peer education, connecting students to resources available in Residential Education, Campus Recreation Center, Campus Ministry, Health and Counseling and SLU Wellness.

What do Wellness Ambassadors do?

* Will help create and maintain a wellness bulletin board in their residence hall
* Can connect students to resources on campus to assist in their wellness journey
* Conduct programs such as floor competitions, yoga, wellness workshops, goal setting groups, cooking demos
* Can offer “wellness coaching” through motivational interviewing techniques (will be trained)
* Can lead by example (healthy lifestyle)
* Can lead incentive program for individuals
* Will meet with Campus Minister to assist in creating programs and materials geared towards spiritual development
* Meet monthly with Wellness staff for Training and Meetings

To Apply

- Must be in good academic and disciplinary standing and have a commitment to a healthy lifestyle.
- Ideal candidates will live in either Demattias Hall or Reinert Hall for the 2016-2017 school year.
- Must be available to come to campus as early as 2 weeks prior to the first day of classes. (Exact arrival to be determined).

See Attached Document

Questions? Contact Arathi Srikanta, srikantaa@slu.edu