

I am nominating Dalia for the Hidden Hero award for her contributions to the wellness culture at the University of Ottawa Faculty of Medicine. Dalia has been involved in a large number of initiatives during her 4 years of medical school. In her second year, she was the co-chair of the wellness committee and created a new initiative called "Wide Open". Wide Open is a bi-yearly event in which medical students meet in small groups to discuss mental health, stigma and common issues faced by medical students. In this position, Dalia was also involved in running an event called "Our Stories" which is an open-mic night for medical students only about mental health. She also oversaw a committee which ran events like wellness-o-grams, weekly wellness workouts and a career night. Dalia was also the co-chair of our school's vertical mentorship program vertical mentorship is a program in which every medical student is paired with a more senior medical student as well as a physician mentor. Dalia helped in ensuring that these mentorship pairings were made and maintained, as well as running large events for all if the groups. In Dalia's 4th year, she was the co-chair of the StaffCo mentorship program, in which she looked after pairing all interested 2nd year medical students with a 4th year mentor. She also took on the role of being a mentor. In this program, she promoted the importance of work-life balance as a priority for mentorship. Throughout Dalia's 4 years in medical school, she was the medical student representative to the university of Ottawa wide committee- "The Committee on Student Wellbeing". On this committee, Dalia advocated for the wellbeing of students from all departments at uOttawa, with a specific focus on ensuring the needs of medical students were being met. She also served for the Student Affairs Office's (SAO)- "Student Advisory Committee", in which she relayed medical student concerns to the SAO and advocated for medical student needs. On a whole, Dalia has spent much of her 4 years at medical school promoting the wellbeing of her colleagues- by taking part in leadership positions on the wellness committee, as part of mentorship programs, and as being an advocate on committees. I am hopeful she will win this award as recognition for all of her hard work!