



## **SERVICES PORTFOLIO: CALL FOR APPLICATIONS**

Drafted by: Helen Genis, Director of Services 2018/2019

### **WELLNESS COMMITTEE**

An important component of becoming a physician is maintaining a balanced professional and personal life. The Ontario Medical Students Association (OMSA) aims to support medical student wellness across Ontario under the direction of the OMSA Director of Services. To this end, the OMSA Wellness Committee exists to support student wellness through three main objectives:

1. To educate and motivate medical students in pursuit of a healthier lifestyle, in part by centralizing wellness resources for students
2. Development & implementation of local and provincial wellness initiatives, including the annual Wellness Retreat
3. Collaboration with other professional organizations in supporting medical student wellness to empower students to develop and participate in wellness activities at their local schools and group events

One of the main priorities of the Wellness Committee is the organization of the OMSA Wellness Retreat, an annual conference that takes place during the spring of each school year. The goal of the retreat is to educate and motivate medical students to pursue healthier lifestyles, as well as offer them an opportunity for relaxation and rejuvenation amidst their busy schedules.

If you have any questions regarding a position on this committee, please contact [services@omsa.ca](mailto:services@omsa.ca)

### **POSITIONS:**

#### **WELLNESS RETREAT COORDINATOR (2 Positions)**

- Work as co-chairs with Director of Services on the annual Wellness Retreat
- Assist in the vision and implementation of the annual Wellness Retreat, including venue, events, and overall planning
- Manage either the 1) workshop & events or 2) sponsorship & finance subcommittees, alongside the respective officers
- Oversee the editing and publication of the OMSA Wellness Blog

If you are interested in applying for the position of Wellness Officer, please answer the following questions **(250 words max per question)**.

1. What is something you liked about a previous OMSA Wellness Retreat and would want to continue?
2. What is something that you thought was lacking in a previous OMSA Wellness Retreat and would want to start?
3. What is something that you thought was done in a previous OMSA Wellness Retreat but should not be continued in the upcoming year?

### **SPONSORSHIP AND FINANCE OFFICER (1 Position)**

- Secure funding and maintain the budget for the annual OMSA Wellness Retreat
- Maintain accurate income and expenditures for the Wellness Retreat
- Manage a subcommittee consisting of two local officers

If you are interested in applying for this position, please answer the following questions **(250 words max per question)**.

1. Describe your past experience in gaining sponsorship and/or handling finances for an organization. What challenges did you encounter and how did you resolve them?
2. Describe an experience in which you had to motivate other team members in your organization to accomplish your goal.
3. What will be your top priorities as the sponsorship and finance officer?

### **WORKSHOP AND EVENTS OFFICER (1 Position)**

- Assist the Wellness Officers in creating a theme for the Wellness Retreat
- Create a variety of different workshops, and manage logistics including equipment and speakers
- Manage a subcommittee consisting of two local officers

If you are interested in applying for this position, please answer the following questions **(250 words max per question)**.

1. Describe any event planning you have done in the past. What challenges did you encounter and how did you overcome them? How did you evaluate the successes of the event?
2. Describe an experience in which you had to motivate other team members in your organization to accomplish your goal.
3. How would you approach the challenge of increasing student attendance at workshops at the Wellness Retreat?

### **LONGITUDINAL WELLNESS COORDINATOR (1 Position)**

- Assist the Director of Services in understanding current challenges Ontario medical students face relating to personal well-being and what services are available to students to assist in these circumstances
- Collaborate with external organizations such as Canadian Federation of Medical Students, Ontario Medical Association Physician Health Program, and Resident Doctors of Ontario in promoting events and campaigns
- Work alongside the Director of Services and a subcommittee of two local officers to establish longitudinal wellness initiatives across all Ontario medical schools, beyond the existing annual OMSA Wellness Retreat

If you are interested in applying for this position, please answer the following questions **(250 words max per question)**.

1. What is one existing wellness initiative or policy that exists at your school that you would want to see implemented across the province?
2. What is a new wellness initiative or policy that you think is currently lacking that could be implemented provincially?
3. What challenges do you foresee in implementing new initiatives or policies across all medical schools, and how do you hope to overcome them?