

Wellbeing Advocate

Roles and Responsibilities

Thank you for your interest in applying to be a Wellbeing Advocate within The University of Cambridge, Clinical School of Medicine.

As part of a University-wide network of Wellbeing Advocates, you will support staff in achieving positive wellbeing, including mental, physical, social and financial health, by providing guidance and a signposting service for wellbeing issues to members of staff within your own Institution/Faculty/Department. You will develop and promote local wellbeing initiatives, communicate Clinical School and University-wide wellbeing initiatives as well as contributing to the Clinical School wellbeing programme. You will contribute to and participate in networks to facilitate greater awareness of wellbeing across the University and help integrate wellbeing into institutional/faculty/departmental activities. You will feed back to us what is going well across your department and stories of success and contribute to the development of the Wellbeing programme.

Further information on the Clinical School Wellbeing Programme can be found here:

<https://wellbeing.medschl.cam.ac.uk/>

As a Wellbeing Advocate, you would be expected to:

- Signpost relevant support services offered by the University and external services where relevant to colleagues
- Create, raise awareness, champion and promote regular updates about wellbeing activities and events
- Represent wellbeing issues from your department at Wellbeing Advocates network meetings
- Help promote Clinical School and University-wide wellbeing events
- Role model and share wellbeing best practice across the Clinical School and University

You will be required to undertake ongoing training and development, including attending University and Clinical School Wellbeing Advocate network meetings as well as joining relevant email and Yammer groups through which you will receive regular updates.

Specialist knowledge and skills

- An awareness of wellbeing issues and the University support services
- A passion for improving wellbeing and making a difference

Interpersonal skills

- Good listener
- Clear communicator who can engage with people at all levels
- Ability to collect feedback, present information and contribute ideas
- Empathy for people struggling with wellbeing issues
- Ability to be impartial and objective
- Open-minded and non-judgemental
- Ability to help others articulate wellbeing issues and projects
- Ability to contribute to learning in a group environment and network

Key requirements

- Current University of Cambridge employee
- Commitment to the principles of equality, dignity and fairness at work
- The ability to maintain confidentiality and respect individual's right to privacy
- Ability to manage workload and time



Clinical School Wellbeing Programme
connect • be active • keep learning • give • take notice



If you would like this information in a different format, contact cswellbeing@admin.cam.ac.uk

To apply to be a Wellbeing Advocate, visit: <https://bit.ly/3wcEmgg>

The closing date for applications is Friday 21st May 2021.