



# CANADIAN FEDERATION OF MEDICAL STUDENTS

National Wellness Officer

**DEADLINE October 22, 2016**

The process of medical education presents unique stresses to Canada's medical students, residents and physicians. As we learn to provide care to others, it is important that we maintain our own wellness despite the multiple demands on our physical, mental and social health. The position of CFMS Wellness Officer was created with the goal of increasing awareness among medical students, medical educators, and the public at large, of the need to ensure the health and well-being of Canada's future physicians.

The role of the Wellness Officer has included coordinating medical student wellness events at each school, providing and distributing wellness information to medical students, advocating for improved learning conditions, and representing the CFMS at the following national committees:

- Canadian Physician Health Institute Advisory Group
- AFMC Resource Group on Physician Health and Wellness

**The CFMS Nominations Committee will be looking for the following:**

- Past experience and passion for organizing wellness and health promotion initiatives
- Excellent teamwork and time management skills with the ability to promptly follow up with multiple parties despite a busy academic schedule
- Editorial and writing experience
- Computer graphics and design experience is a plus

Please note that this position requires excellent in working independently concurrent to being a part of a broader CFMS team. The selected candidate will need to take initiative to stay current with the ongoing work and policy positions of the CFMS and communicate regularly with members of the CFMS Executive and Representatives. The position will entail coordinating monthly Skype meetings for CFMS Wellness Committee.

## ***Application Procedure***

**Term:** One year

**Application Deadline:** **October 22, 2016**