

Wellness Assistant Position

Job Description

The Wellness Assistant supports the wellness team (Assistant Director for Wellbeing and the Wellness Ambassador) in promoting an evidence-based healthy lifestyle for the Eastern Michigan University Community. The Wellness Assistant serves on the student wellness team, to promote a holistic healthy lifestyle on campus.

Job Summary

1. Assist with the development and execution of wellness initiatives.
2. Advocate a wellness culture to peers through various marketing means, including but not limited to booths, social media content creation, referrals, and patron interactions.
3. Participate in meetings for recreation and wellness staff.
4. Collaborate with on campus wellness partners to execute wellness programming.
5. Communicate effectively with other recreation students and professional staff.
6. Maximize utilization of on campus wellness resources by referring fellow students.
7. Increases awareness and access to materials supporting behavior and lifestyle change by helping develop web-based wellness materials and programs.
8. Help collect records of participation, event surveys, and job-specific certifications.
9. Complete other duties as assigned.

Qualifications

Minimum Qualifications

- Ability to work as a team member with other staff and professional staff members.
- Responsible, friendly, enthusiastic, and patient.
- Demonstrate a willingness to learn.
- Possess team-oriented ideals, willingness to work hard, and a drive to work independently.
- The desire and ability to lead peers.
- Current certification in Adult AED/ First Aid (or willingness to obtain at the offered class upon hire.)
- Currently enrolled full-time student.
- Must hold/ maintain a minimum GPA of 2.5.

Preferred Qualifications

- Majors in communications, marketing, or a health-related field.
- Plans to work in a health or fitness-related career long term.
- Health-related certification (group fitness, personal training, public health promotion, etc.)
- Comfortable with Microsoft Office and digital marketing tools.

Pay

\$10.56/hr