

**Health Promotion – Peer Health Educator, Healthy Lynx Associate
University of Colorado Denver**

Nature of work:

The Student Wellness Center is a department within the Division of Student Affairs at the University of Colorado Denver. The office is committed to the delivery of quality, student-centered wellness, and recreation services. As stewards of student experience at CU Denver, Wellness & Recreation Services provides inclusive facilities, programs, and services, which focus on the holistic wellness and recreation needs of a diverse study body.

The Health Promotion office aims to educate and empower students to make informed choices that support their health, focus on prevention & harm reduction, and learn useful skills and tools for their wellbeing during their college years and beyond. Under the supervision of the Coordinator of Health Promotion & Basic Needs, the Healthy Lynx Associate, our Peer Health Educators, are responsible for supporting, engaging and promoting programs and events hosted by the Health Promotion office on various wellness topics, including sleep hygiene, harm reduction, emotional well-being, prevention & safety and alcohol and other drugs. The Healthy Lynx will support cross campus initiatives as a representative for Health Promotion while gaining valuable experience and leadership skills. This position will focus largely on peer education and campus collaborations.

Weekly schedule:

5-10 hours a week, hours will be determined on a semester basis with direct supervisor

Benefits:

\$19.29 hourly

The Peer Health Educator will complete/receive the following training:

- Skillsoft trainings
 - CU Fiscal Code of Ethics
 - CU Information Security Awareness
 - CU Nondiscrimination, Sexual Misconduct and Reporting
 - CU Americans w/ Disabilities Act (ADA)
- Mental Health First Aid
- Opioid Overdose Response Training
- CPR/First Aid.

Preferred Qualifications:

Experience in working in higher education, health education, social services, or other wellness-based facilities.

Experience/interest with non-profit organizations, substance use recovery services, facility, or events
American Red Cross CPR/AED Certification

Professional Field:

Public health, psychology, sociology, social work, campus recreation, or related fields.

Supervision Received:

Under the Division of Student Affairs, this position reports to the Coordinator of Health Promotion & Basic Needs within Wellness & Recreation Services.

Examples of work performed:

- Assist the Health Promotion & Basic Needs Coordinator with semesterly planning, program facilitation, tabling, and assessment of Health Promotion offerings
- Execute peer-led programming (Wellness Wednesdays) by providing educational and engaging content on health and wellness topics relevant to the college student population
- Collaborating and contributing to large-scale Health Promotion events (Love Your Body week, Spring 'Kick' Off, Wellness Rave) by serving on committees, planning, coordinating and executing day of logistics
- Assist in attendance tracking for all Health Promotion events and initiatives
- Assist Health Promotion & Basic Needs Coordinator with administrative duties, such as monitoring the Health Promotion email address
- Communicate upcoming events and programs to Student Wellness Center Student Staff
- Serve as a resource to members, guests and employees
- Serve as a liaison for the Health Promotion team for campus and community partners

Knowledge, skills and abilities:

- Proven leadership and organizational skills.
- Familiarity with Microsoft Word and Excel
- Interest in health promotion and eagerness to learn
- Ability to manage multiple tasks simultaneously
- Must be detailed oriented, self-motivated, and possess strong initiative
- Ability to provide and model exceptional customer service skills
- Excellent written and verbal communication skills including knowledge of English grammar, spelling and punctuation as well as the ability to both give and follow oral and written instructions
- Ability to objectively evaluate own performance and make appropriate changes as required
- Ability to maintain and model a neat appearance and courteous disposition
- Ability to effectively coordinate multiple tasks and adhere to deadlines
- Ability to prioritize tasks and handle multiple responsibilities simultaneously
- Ability to make public presentations and generate written reports
- Must be able to remain calm under pressure, think quickly and respond effectively to emergency situations
- Must possess an ability and willingness to work evenings and finals weeks if needed
- Ability to work in a culturally diverse, ethnically pluralistic environment
- Must be able to move and/or lift tables, chairs, and pop-up tents without assistance, as well as lighter-weight audio visual equipment, including microphones, speakers, and television monitors. Must be able to assist in moving and/or lifting heavier furniture, including stage and audio visual equipment weighing up to 50 pounds. (if applicable)

Typical Working Conditions and Environmental Conditions:

Work is typically performed both in indoor and outdoor environments in possible inclement weather conditions. Ability to adhere to deadlines. Ability to work in shared office space as applicable. Must be flexible, adaptable, and readily able to adjust to changes in work environment. Position requires daily public contact. While performing the duties of this job, the employee is frequently required to use hands to finger, handle or feel; and reach with hands and arms. In addition to walking, the employee may occasionally stoop, kneel, crouch, or crawl. The employee must occasionally sit for extended periods. The employee must frequently move and/or lift tables and chairs without assistance, as well as lighter-weight audio visual equipment, including microphones, speakers, and television monitors. Must be able to assist in moving and/or lifting heavier furniture, including stage and audio visual equipment weighing up to 50 pounds. Specific vision abilities required by this job includes close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus.

To apply, please submit the following materials:

- Resume
- Cover letter answering the following questions:
 1. Describe three strengths you have that are relevant to the role.
 2. How will this position help you with achieving your long-term/career goals?

Applications must be submitted through [this form](#) by Wednesday, May 20th at 5pm for consideration.