

UBC Workplace Wellbeing Ambassador Spotlight

Suzie O'Shea (UBC Learning Exchange)



Why did you decide to become a WWA?

One of my favourite things to do is bring people together. I'd been taking a lead with workplace wellbeing for several years at the Learning Exchange so when I saw the opportunity to be part of a collective of people passionate about bringing people together through wellness I jumped at the chance.

What has been your favourite part about being a WWA?

Coming together with like-minded people and sharing ideas and resources. Through the Slack channel and the monthly check in's I've learned about tons of resources at UBC and beyond, and I've got to hear people's creative and fun

initiatives which sparked ideas I could implement with my team.

Can you tell us one thing you have done as a part of your Ambassador role and how it benefited your department?

The COVID pandemic and working remotely have impacted how people come together at work so I wanted to create an opportunity that would inspire connection, cohesion and fun on the team. I started a '28-day habit challenge' to encourage folks to form a new healthy habit. To ensure success, we logged our progress in an online tracker that was visible to the whole team. This visibility (and a bit of healthy competition) supported folks to be accountable to themselves and one another. The challenge went well and the team enjoyed some healthy competition and seeing results.

What advice do you have for people who are considering becoming a WWA?

If you're already taking a role with workplace wellbeing, no matter how small it is, I would go for this opportunity. It is so inspiring to connect with folks across campus that are leading creative, fun and meaningful initiatives that are impacting people's work and wellbeing.

How do you Thrive? (i.e. What are some strategies you incorporate for your wellbeing)

I often refer to myself as an 'active relaxer', I'm someone who feels a sense of joy, calm and accomplishment from being active. For me, moving my body helps me to come out of my head and focus on something other than racing thoughts. If I'm focused on an activity I don't have time to worry about the other stuff.