# Role Title

**Help other students to start a regular exercise programme to improve their mental health.**

### Duties and Responsibilities

* Support 1 or 2 students to take part in a physical activity of their choice.
* Meet the student(s) once a week for 8 weeks.
* Motivate students to continue with activities during and after your support.
* Maintain contact with your buddy during the programme.
* Signpost support as required.

### Useful Previous Experience/Skills

* Excellent people skills and communication skills.
* Ability to build a supportive buddy relationship over the 8 weeks.
* Be able to motivate others and support them to achieve their exercise goal.
* A proactive attitude.
* Enthusiasm for being active and supporting others.
* Commitment to the role and reliable for your buddy.
* Previous experience working with people with low mood, anxiety, social anxiety, or low self-esteem is desirable.

### Why become a buddy?

* Have a real impact on another student’s wellbeing and self-confidence.
* Access training on peer support, goal setting and wellbeing.
* Enhance your CV by developing transferable skills.
* Meet new people, build your network and have fun!
* Opportunity to win “Volunteer of the Month”.
* Celebration event at the end of the year.
* Feel good knowing you are helping others and supporting your community.

### Key Time Commitments

* Training Requirements – 1.5 hour session.
* Meeting mentees – 1 hour per week for 8 weeks.

### We are here to help in your role:

* Email: peersupport@bath.ac.uk
* Office: Peer Support Office, Level 3, The SU
* Website: thesubath.com/peer-support/

### Skills you will develop in this role:

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| Commercial Awareness |  | Creativity | ✓ |
| Decision Making | ✓ | Delegation |  |
| Financial Management |  | I.T. Skills |  |
| Initiative | ✓ | Leadership |  |
| Marketing |  | Negotiation |  |
| Organisation/ Planning | ✓ | People Management |  |
| Problem Solving |  | Public Speaking |  |
| Teamwork |  | Time Management | ✓ |
| Verbal Communication | ✓ | Written Communication |  |