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Wellness - improving the quality of life on our campus

As the Wellness coordinator, and due to my academic background (Master's degree in social psychology) and field experience, I am well placed to testify the innovate nature of this initiative. It is the only of its kind in France.

Officially launched during the national student well-being week in November 2011, the *Wellness* service works daily to improve the life of students at Euromed Management. The main objectives of *Wellness* are: **improving the quality of life** and health of our students, to be at the service of individual performance and to **help prevent psychosocial** risks. With a holistic and personalized approach, the *Wellness* works on creating an environment conducive to the personal and intellectual development of each student.

A true stakeholder initiative, Wellness is governed by a "board" composed of three of the school's directors, a professor from the school of medicine and doctor at Ste Marguerite's Hospital, a student representative, the CSR Director and members of the Wellness Team.

This service is coordinated by the CSR department with a full-time staff (myself) member and a "Wellness Team" composed of 9 members of the school's staff (Marseille and Toulon), who voluntarily serve as an information relays between the students and the school's management. Two students are also integrated into the service and assist in the organisation of events and communication. Parallel to this team, a psychologist has been contracted on both campuses to receive and assist students who need professional guidance. It also produced the *Student Wellness Centre* – Situated in *The HUB*, the new *Creativity & Innovation Centre*, the *Wellness Counselling Centre* – a space reserved for students who would like a confidential meeting with the school's psychologist or with a member of *the Wellness Team*. The Wellness Team is also responsible for assisting in the affectation of emergency funds to students in financial difficulty.

The specificity of Euromed Management's approach lies in the fact that Wellness not only assists those who seek help, the service also works on preventing such occurrences. Every month prevention activities are organised to help students manage their stress, balance their budgets and their meals, etc. Over the past year and half, more than 30 preventative actions and events were organized out by Wellness.

Students also need to be made aware of existence and impact of these topics in their future managerial roles. Since the launching of *Wellness*, over 1500 students have participated in a pedagogical conference, taught by professors from the school of medicine. This conference, offered to both staff and students covered subjects such as: stress, burn-out and addictive behaviours and substances. As of next year, the workshop will be transformed into an obligatory personal development course with online work and classroom sessions.

<http://wellness.euromed-management.com>

