

**Position Title:** Wellbeing Officer

**Organisation:** Association of Postgraduate Students (APS)

**Location:** University of Queensland (St Lucia and external campuses)

**Term:** Volunteer, December 2025

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## About the Role

The **Wellbeing Officer** focuses on two key areas: (1) organising wellbeing activities such as yoga sessions and workshops to promote student health and wellness, and (2) developing welfare training for officers and volunteers to ensure they can provide informed support at APS events. This role contributes to building a supportive and inclusive postgraduate community.

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## Key Responsibilities

### 1 Wellbeing Activities & Engagement

- Plan and coordinate wellbeing activities such as yoga sessions, meditation, and mental health workshops.
- Collaborate with external facilitators and university services to enhance APS wellbeing initiatives.
- Promote wellbeing events to encourage postgraduate student participation.

### 2 Welfare Training & Support

- Develop strategies for welfare training for APS officers and volunteers to ensure they are equipped to support students at APS events.
- Research best practices in student wellbeing and welfare to improve APS's approach.
- Work with APS leadership to integrate wellbeing and welfare considerations into event planning.

### 3 Community Engagement & Awareness

- Encourage students to engage with APS wellbeing initiatives.
- Raise awareness of available wellbeing resources and support services at UQ.

- Work with APS communication channels to highlight the importance of mental health and wellbeing.

#### **4 Administrative & Reporting Tasks**

- Maintain records of wellbeing initiatives and training programs.
- Provide feedback and recommendations on APS wellbeing efforts.
- Assist with wellbeing-related funding proposals and partnerships where needed.

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#### **What We're Looking For**

- A current UQ postgraduate student interested in student advocacy.
- Strong communication and organisational skills.
- Experience in student representation, governance, or leadership (preferred but not required).

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#### **Time Commitment**

- Flexible volunteer role, requiring about several hours per week.