

FEBRUARY 2021

VP EXTERNAL MONTHLY REPORT

**Prepared by
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WELLNESS WEEK

This week (Fb 22-26) is our first and hopefully biannual event Wellness Week. This pilot project was done in collaboration with many UFV partners. A lot of work was put in and glad to finally see it come together.

There was a really quick turnover with this project. I believe we began preparations at the end of January and had only a month.

We have great sessions in place. The schedule is to the right. You may notice that there are fewer sessions on some days, notably Monday and Wednesday. This was due to partner availability hence we slotted our SUS hosted sessions on those days.

I'm very happy with the number of partners, sessions, and the overall plan for the week. However, I would have liked to have more marketing be done since I'm incredibly nervous about how many students will attend. We did incentivize for the week by announcing several prizes at the end of the week. Students enter by attending events and tagging friends in our social media posts. I would encourage reviewing how we use our social media to see if we can post multiple times a day since I found this to be a challenge. This is a very busy time of year with AGM, Elections, and other events that were scheduled prior to this. This pilot project would have benefitted from much stronger marketing.

We are glad to have been able to partner with the UFV Alumni Association to host this week on Airmeet in a conference style. Students join sessions with speakers and customized banners and profile pictures. It looks very professional but had been difficult for me personally due to tech issues during our first session of the week. There are screenshots from Airmeet attached. on the next page.

Monday:

5 pm Power of Vulnerability (UFV SUS)

Tuesday:

10 am Overview and Q&A (Financial Aid and Awards)

11:30 am Financial Literacy Workshop (UFV SUS & Student Life)

4 pm Conversations on Healthy Relationships (PRLC & Student Life)

Wednesday:

10 am Who the SUS? (UFV SUS)

Thursday:

10 am Cultural Appreciation (UFV International)

12:30 pm Pow Wow Fitness Class (UFV SUS)

2 pm Embodiment with Trauma Centre Trauma Sensitive Yoga (TCTSY) (UFV Counselling)

5 pm Mindfulness 101 (UFV SUS)

6 pm Sexualized Violence Prevention Workshop: How to support others (UFV Sexualized Violence Prevention Program)

7 pm Toolbox Talk: Mental Health Strategies for Students (UFV Circle K Club)

Friday:

9:30 am Mens Sana in Corpore Sano: A healthy mind in a healthy body (UFV VP Academic)

12 pm Peace and Reconciliation Centre - Dismantling Settler Colonialism (UFV Peace and Reconciliation Centre)

5:30 Conversation Nation (UFV SUS)

MORE UPDATES:

ABCS ADVOCACY WEEK

FALL READING BREAK

UFV SUS Wellness Week
 Schedule: Explore what's planned for the event

My Schedule | All Sessions

Filter by tags: Financial Wellness | Community Wellness | Mental Wellness | Physical Wellness | Emotional Wellness

22 Feb Mon | 23 Feb Tue | 24 Feb Wed | **25 Feb Thu** | 26 Feb Fri

10:00 AM
11:00 AM

Culture Appreciation Join Session

Speakers & Host

- SS** UFV Circle K Club
President
UFV Circle K Club
- JL** Jessica Levesque
President
UFV Student Union So...

12:30 PM
01:30 PM

Pow Wow Fitness Class Join Session

Speakers & Host

- JL** Jessica Levesque
President
UFV Student Union So...

02:00 PM
03:00 PM

Embodiment with Trauma Centre Trauma Sensitive Yoga (TCTSY) Join Session

Experiences of psychological trauma profoundly change our relationship with our bodies. Trauma Centre Trauma Sensitive Yoga (TCTSY) is an effective, trauma-informed practice that helps survivors to safely re-connect to their body so that they may engage more fully with their life. TCTSY is an empirically validated, clinical intervention for complex trauma or chronic, treatment-resistant post-traumatic stress disorder (PTSD). Everyone welcome. No experience needed.

Speakers & Host

- TN** Tia Noble
Registered Clinical C...
UFV Counselling
- JL** Jessica Levesque
President
UFV Student Union So...

05:00 PM
05:30 PM

Mindfulness 101 Join Session

Speakers & Host

UFV SUS Wellness Week
 Social Lounge: Meet and interact with people

Reception | Sessions | Lounge

Melissa
J.A. Major BSc

Prabhpreet
Vire

Get matched with new people one-on-one
[Start Speed Networking >](#)

Take a seat to join a conversation.

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Take a seat

The poster is for an event titled "Mens Sana in Corpore Sano: A healthy mind in a healthy body". At the top, it says "UFV SUS Wellness Week" and "Schedule: Explore what's planned for the event". There are navigation icons for "Reception", "Sessions", and "Lounge". The event title is in large white text. Below the title are two tabs: "Mental Wellness" and "Physical Wellness". The date and time are "26th February 2021, 09:30 AM to 10:00 AM". The session description reads: "Humans were born to move. Turns our, our evolution as a species is rooted in our ability to move as well. We all know that being active is important for an individual's physical health. But being physically active is also vital in our brain development and mental health. This session will outline the benefits of being active on our brains and mental health dating back to our early ancestors to modern-day society". Under "Speakers & Host", there are two speakers: Dr. James Mandigo, Provost and Vice-President Academic, UFV Executives; and Jessica Levesque, President, UFV Student Union Society.