



Peer Wellness Coach

Department: University Recreation + Wellness (UREC), University of Arkansas - Fayetteville

Location: Pat Walker Health Center, Wellness Suite

Position Description:

UARK Wellness Coaches are responsible for providing one-on-one, peer-centered coaching sessions. The coach is responsible for performing an initial consultation to develop wellness-related goals in collaboration with each client. This position will provide accountability and consultation, resources, and education to help clients achieve wellness-related goals.

This position will develop UA Career-Ready skills such as Leadership, Communication, and Critical Thinking.

Duties & Responsibilities:

Coaching Sessions & Documentation – 70%

- Conduct high-quality coaching sessions to University of Arkansas students utilizing motivational interviewing techniques
- Effectively communicate the coaching process to clients
- Maintain efficient and respectful communication with clients at all times
- Work with staff to maintain a quality experience to clients, and display a high level of enthusiasm and interest in each clients coaching process
- Maintain professional confidentiality standards as outlined by professional staff
- Display strong leadership and organizational skills
- Prioritize the well-being of all clients.
- Properly respond to, document, and report risk management issues including but not limited to mental health concerns or disruptive behavior
- Operate within a professional and appropriate scope of practice

Meetings & Supervision – 30%

- Keep record of all client sessions in coaching notes.
- Act as a network of support for other coaches participating in group supervision at weekly team meetings.
- Attend bi-weekly supervision with direct supervisor to report on clients and receive individualized training.

Minimum Qualifications:

Updated: 7/3/2025

- Current University of Arkansas student, with sophomore status or above.
- At least 2 semesters as a Wellness Peer Educator.

Preferred Qualifications:

- Experience working one-on-one with peers.

Federal Work Study Requirement:

- Federal Work Study award preferred but not required.

Required License(s), Training, Certification(s), & Background Checks:

- Adult & Pediatric First Aid, CPR, and AED certification or be able to obtain certification within 40 days of hire (UREC will provide a certification opportunity, if needed)
- Required criminal background check
- Required sex offender registry check

Physical Activities Associated with this Position:

The following physical activities are associated with the position and will be performed with or without accommodation. All individuals are encouraged to apply.

- Sedentary Work | Sedentary work involves sitting most of the time.
 - Hearing, talking- Constantly
 - Crouching, feeling, manipulating items with fingers, grasping, kneeling, pushing, repetitive motion, sitting, walking- Occasionally

Visual Acuity:

- Employee is required to have close visual acuity to perform an activity such as: preparing and analyzing data figures; transcribing; viewing a computer terminal; extensive reading; and/or visual inspection at distances close to the eyes.

Compensation & Benefits:

- Peer Wellness Coaches are compensated \$14/hour
- Student Affairs Wage Scale: 4

Hours and Schedule:

- The position is designed to be a 5 hour per week in-person commitment.
- Weekly hours worked between 8am-5pm

Employment Timeline:

- This position hires on an as needed basis.
- This position is eligible for up to 3 years of continuous employment upon satisfactory performance and continued academic enrollment.

Supervision: Graduate Assistant for Wellness, University Recreation + Wellness

This job will provide experiences to develop the following UA Career-Ready Skills:

Critical Thinking | Communication | Leadership

- **Ability to Display Situational Awareness:** Ability to gather information, anticipate needs, prioritize issues and set achievable goals in the workplace.
- **Ability to Gather & Analyze Data:** Ability to locate and collect information, thoughtfully and thoroughly evaluate the quality of the information and consider a multitude of options to develop credible solutions.
- **Ability to Use Oral Communication:** Ability to effectively convey information and meaning through speech, that is, easy to understand, engaging and employs proper tone.
- **Ability to Use Active Listening:** Ability to focus completely on a speaker, understand their message, comprehend the information, and respond thoughtfully.
- **Ability to Inspire, Persuade, & Motivate:** Ability to use emotional intelligence and interpersonal skills through acknowledging others' needs, contributions, thoughts, and feelings with the goal of guiding and motivating others and improving the team's functioning and success.

Application Instructions and Required Document:

- Please contact Sarah Werner at sdwerner@uark.edu, with additional questions about the position.
- Required Documents: Resume
- Application documents must be submitted to Sarah Werner at sdwerner@uark.edu
- Application deadline:

Equal Opportunity and Compliance: The University of Arkansas is an equal opportunity institution. The University does not discriminate in its education programs or activities (including in admission and employment) on the basis of any category or status protected by law, including age, race, color, national origin, disability, religion, protected veteran status, military service, genetic information, sex, sexual preference, or pregnancy. Federal law prohibits the University from discriminating on these bases. Questions or concerns about the application of Title IX, which prohibits discrimination on the basis of sex, may be sent to the University's Title IX Coordinator and to the U.S. Department of Education Office for Civil Rights.