



collaborative learning

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Wellness/ Wellbeing Debrief

Collaborative Learning Elective

We are pleased to offer a Collaborative Learning Activity at Unity Health this fall exploring wellness and teams. This is a 2-part activity. **Part A** is a wellness activity completed by the student prior to part B. **Part B** is a facilitated group activity. It is open to all learners currently on placement.

Objectives: At the end of the experience, participants will:

1. Identify wellness resources (from academic, clinical & open source)
2. Describe participation in a wellness activity
3. Reflect on the impact of wellness on team functioning, with specific attention to interprofessional collaboration, and
4. Make a commitment to enhance how you practice wellness

Part A – Wellness Part A – Wellness Activity:

Students will register and complete a hospital run wellness/wellbeing activity (minimum 30 minutes). Examples of this include, but are not limited to:

- Student led wellness activity (Nutritional Wellness, December 07, 12:00-1:00 pm on Zoom. **To register, please use the link:**
<https://www.surveymonkey.com/r/NL85D7V>
- The Drawing Room or Guided Mindful Movement Break (various dates, see link for more details & registration [Upcoming Events – Unity Health Toronto – Twice a Week](#))
- If you have questions regarding the eligibility of an activity, please send us an email at below address.

Part B – Facilitated Debrief:

Following the approved wellness activity an IP group of learners will meet with co-facilitators to debrief their experience and link to the IP Collaborator competencies to consider team wellness and resiliency. Learners are expected to be active participants in the conversation.

***Please Note: This event will occur virtually over Zoom.**

- December 07 – 4:15-5:45 pm

To register for one of these IPE debrief activities, please use the link:

<https://www.surveymonkey.com/r/2FLQ3F3>

For further information about this credit, please contact Robyn Davies robyn.davies@unityhealth.to