



Well-Being Associate, Occupational Health, Infection Safety and Employee Wellbeing - 1 position	Posting #: 55179
Occupational Health, Infection Safety and Employee Wellbeing	Posting Date: June 17, 2025
St. Joseph's Hospital - London, ON	Submission Deadline: June 23, 2025
Full Time	Michelle Robertson, Human Resources
Non-Union	Salary Range: \$31.74 - \$37.35 /hour

Join our team! We have a great team working together to maintain and enhance the well-being, health and safety, and prevention of injury and illness, for every employee, physician, learner, leader and volunteer in our organization.

The Well-being Associate is responsible for contributing to the planning, design and implementation of physical fitness and mindfulness programming to support the well-being of staff, physicians, learners and volunteers. The Well-being Associate leads in-person and virtual stretching and mindfulness activities with the goal of creating and providing stretching, active living and mindfulness solutions to help strengthen the physical and mental well-being of staff, physicians, learners and volunteers. Physical and mental well-being solutions include, but are not limited to, individual, team and group stretching and exercise, well-being breaks (mindfulness), and other individual and group initiatives related to physical well-being (ie. walking challenge).

Essential Qualifications

- College Diploma in Health or Social Sciences, Fitness and Health Promotion, Sport and Recreation Management, or Recreation and Leisure Services
- Certification and/or registration as applicable in one or more of the following is required: Can-Fit-Pro certification or other comparable personal training or group fitness certification, Yoga, and Mindfulness
- Current CPR and First Aid
- Minimum one (1) year previous experience supporting staff well-being, fitness, health promotion, recreation and leisure
- Knowledge of a Safety Culture in a Health Care Setting in compliance with the Occupational Health & Safety Act (OHSA)
- Exceptional interpersonal skills; responsive to diverse needs of employees
- Outgoing, compassionate and creative
- Experience in change management
- Demonstrated critical thinking skills
- Ability to lead individual and group movement activities such as stretching and exercise classes
- Comfortable using video conferencing platforms i.e. Microsoft Teams, Skype, Zoom
- Familiar with Microsoft Office Suite, e-mail and internet navigation
- Proven ability to handle confidential information with discretion, uphold confidentiality and sustain trust
- Self-motivated and able to take initiative and problem solve with minimal direction

Preferred Qualifications

- Proficiency in French would be an asset
- Bachelor in Health or Social Services
- Previous experience in a health care environment

Teaching and Research

- St. Joseph's Health Care London through its affiliation with Western University and Fanshawe College is a leading research and teaching hospital. As an employee of St. Joseph's, you will be expected to engage in role related teaching and research activities in addition to any of your clinical duties

Immunization Requirements

- Provide vaccination records or proof of immunity against measles, mumps rubella, varicella (chicken pox), Hepatitis B, COVID-19 and influenza.
- Provide documentation of the Tuberculosis skin testing

Your interest in this opportunity is appreciated.

*Human Resources and Leaders use your profile information to evaluate your application for the vacancies you apply to.
Only those under consideration will be contacted.*