



LAUREN SAUNDERS

Vote for me

WELLBEING REP

DEAR FELLOW STUDENTS,
I'M LAUREN!! A LITTLE BIT ABOUT ME - I DO NETBALL, VOLLEYBALL, DANCE, ARTS, GYM, CROSS COUNTRY - HONESTLY NOT PARTICULARLY GOOD BUT I TRY TO GET INVOLVED AND CONNECT WITH YOU LOVLIES!!

I AM RUNNING FOR WELLBEING REP BECAUSE I'M PASSIONATE ABOUT CREATING A CAMPUS ENVIRONMENT WHERE EVERY STUDENT FEELS SUPPORTED AND VALUED. MENTAL HEALTH AND A SENSE OF BELONGING ARE KEY TO SUCCESS, AND I BELIEVE WE CAN BUILD A COMMUNITY THAT NOT ONLY SURVIVES BUT THRIVES.

WHY I WANT TO BE YOUR WELLBEING REP

UNIVERSITY LIFE CAN BE OVERWHELMING. THE PRESSURES OF COURSEWORK, SOCIAL EXPECTATIONS, AND ADJUSTING TO A NEW ENVIRONMENT CAN LEAVE STUDENTS FEELING ISOLATED AND STRESSED. AS YOUR WELLBEING REP, I AIM TO AMPLIFY YOUR VOICES AND ENSURE WELLBEING IS AT THE HEART OF OUR EXPERIENCE. I BELIEVE THAT MENTAL HEALTH IS JUST AS IMPORTANT AS ACADEMIC SUCCESS AND THAT SEEKING HELP SHOULD BE SEEN AS A STRENGTH, NOT A WEAKNESS.

WHAT I STAND FOR

- PRIORITIZING MENTAL HEALTH
- FOSTERING COMMUNITY & BELONGING
- RAISING AWARENESS & REDUCING STIGMA
- PROMOTING BALANCE BETWEEN ACADEMIC & PERSONAL LIFE
- LISTENING TO YOUR NEEDS

WHAT I WILL DO

- LAUNCH WELLBEING CAMPAIGNS
- ORGANIZE WORKSHOPS & EVENTS
- COLLABORATE WITH UNIVERSITY SERVICES
- BUILD PEER SUPPORT NETWORKS
- ENSURE TRANSPARENCY
- ORGANIZE A SECRET SANTA

IF ELECTED, I WILL WORK TO ENSURE THAT EVERY STUDENT FEELS HEARD AND SUPPORTED. TOGETHER, WE CAN MAKE OUR CAMPUS A SAFE SPACE AND BUILD FUN EXPERIENCES!
THANK YOU FOR YOUR SUPPORT!!

WARM REGARDS,
LAUREN