

Zen Den Student Facilitator - Position Description

Position Title: Zen Den Student Facilitator

Department: Student Development and Counselling

Term: Winter – Spring 2026

Number of Positions: 3

Hours per week: up to 5 hours per week dependent on student schedules

**This number is given as an estimate. Actual time commitment may vary throughout the year.*

Applicants must be available for in-person training on **December 19, 2025**. Candidates who cannot attend the training will not be considered.

This is a competitive student leadership opportunity open to current SAIT students. Competition for leadership positions will close as suitable candidates are hired.

Position Description

The Zen Den Student Facilitator volunteer will support daily operations of the Student Zen Den space, support wellness activities, and promote holistic well-being. This leadership role is ideal for students passionate or interested in gaining skills in mindfulness, peer support, resilience, mental health, and creating a health campus environment.

Duties and Responsibilities

- Assist in planning Zen Den events (e.g. Student Fair booth, Men's talk, ROC Group meetings)
- Support events when appropriate with community partners for special initiatives.
- Design/post monthly schedules and Zen Den posters across campus.
- Promote Zen Den activities and peer outreach.
- Refer students to appropriate campus resources (Counselling, Lamb, Interfaith, Natoysoyoyiis)
- Attend bi-weekly meetings with the Student Wellness and Outreach Coordinator.
- Support guided sessions (mindfulness, breathing exercises, art therapy)
- Provide feedback to improve Zen Den programming.
- Take ownership of maintaining the Zen Den by opening and closing the space with care and attention to detail.
- Lead by example in maintaining a respectful and mindful environment, guiding peers in the appropriate use of wellness resources such as relaxation tools and art supplies.
- Monitor and manage inventory of wellness materials, proactively restocking and identifying needs to support a positive student experience.
- Participate in LEADS program training and professional development (e.g Mental health awareness, peer support)

Benefits

- As a Zen Den Student Facilitator volunteer, you will develop leadership, intercultural competency, and peer support skills in this wellness-focused role.
- Gain experience in event planning, mindfulness practices, student engagement and holistic well-being.
- Receive training in suicide prevention, peer support and mental health.



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- Foster a supportive campus culture while gaining hands-on wellness experience.
- Develop your Co-curricular Record. Student Leaders may document their hours and experiences on an official SAIT Co-curricular Record for future employment.
- Develop your experience through training and professional development opportunities throughout the year.
- Gain a letter of reference highlighting your role as wellness facilitator. Letters of reference will be available for outstanding service.

Commitment

Successful applicants are expected to fulfill up to 5 hours per week. This involvement includes training and professional development workshops held each semester, as well as content development, Zen Den operations and bi-weekly meetings. Shift schedules will be determined as much in advance as possible based off availability outlined in your Outlook calendar. It is up to you to keep your Outlook calendar up to date

Qualifications

The Wellness team is made up of a dynamic group of people, with a variety of views and background. We are seeking Zen Den student facilitator to foster and support an inclusive environment of *connecting, learning, practicing and serving*. The ideal candidate for the Zen Den Student Facilitator position:

- MUST be a SAIT student attending SAIT Fall 2025. Students with a minimum of 2 semesters remaining are preferred.
- Has completed at least one successful semester at SAIT; or, must have previously attended a post-secondary institution;
- Must have the ability to work during the day, in between and before and after classes; occasionally in the early evening.
- Must have the ability to work during exam-dense periods.
- We are looking for students with demonstrated passion, interest or experience in anything related to health, mental health, and wellness;
- Has confidence to speak with others about related health and mental health issues and/or the ability to refer to someone more appropriate;
- Proven ability to effectively problem solves;
- Has good organizational skills with the ability to prioritize work and manage time;
- Has high intercultural competency with the ability to be inclusive and respectful of cultural and other differences;
- Professional and confident with a strong work ethic and high-quality standards;
- Has an ability to exercise judgment and discretion when dealing with matters of a confidential/sensitive manner.



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- Is an enthusiastic team player with a positive attitude
- Is able to work well independently and with a team
- Is a self-starter, reliable and can complete projects from start to finish
- Has the ability to engage and encourage a group of peers
- Must be open and sensitive to all individuals regardless of race, color, religion, gender, gender identity or expression, sexual orientation, national origin, educational background, ability or age.

Application Process

To apply, please complete the [online application form](#). For inquiries, contact gislaine.andrade@sait.ca. Please note that in submitting your application, you are verifying that you are:

- in good academic standing (TGPA or TIGPA above 2.5).
- in good conduct standing and consent to this being verified by the Student Conduct Office.

Note that details of academic and non-academic misconduct cases are not shared through this process.

