

WISHES Education Laboratory – September 2019

The WISHES team has had a busy summer! We had our second steering committee meeting in July where we continued to discuss the epistemological and ontological underpinnings of wellness innovation and scholarship. As part of the meeting, the committee was requested to form small groups to consider a “wellness wish list” for learners in the CSM, and how scholarship can advance the items on the wish list. Ideas were as follows:

- Improve and increase access to mindfulness opportunities
- Pay students basic income/living wage
- Increase diversity of medical students using upstream, system level policy and interventions in admissions and acceptance
- Examine policies for inequity and discrimination
- Facilitate parenthood in medicine and graduate school
- Create a centralized Wellness Centre (similar to Student Union Wellness)
- Raise awareness for meditation spaces and have a wellness website to list resources of what exists.
- Have a navigator (for wellness resources)
- Have a mechanism for confidential reconciling behaviors
- Increase cultural maturity through interventions
- Role modeling of a respectful, grateful culture while empowering learners to speak up

We have also been preparing for our inaugural symposium that will be held on October 10, 2019 from 11:00-16:00 and will feature keynote speaker Lauren Vogel, local research presentations, and a wellness challenge. Visit the [WISHES webpage](#) on the OHMES website for details.

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