

**Resident Well-being Advisory Group (RWAG)
Postgraduate Medical Education
Terms of Reference**

Purpose

The Resident Well-being Advisory Group provides the opportunity for residents and fellows to advise Resident Affairs on matters influencing their well-being and the activities of the Resident Affairs Office.

Goal

To foster collaboration and two-way communication between trainees and the Resident Affairs office, in order to develop and continuously improve resources, strategies, programs and processes related to the well-being of postgraduate trainees at McMaster.

Responsibilities

1. Develop strategies that will assist residents, programs, and the PGME office.
2. Advise the Office of Resident Affairs of the current needs of residents in the promotion of wellness, and in decreasing resident stress levels and burnout.
3. Serve as a distribution point of wellness event activities.
4. Consult on current or upcoming wellness events and programs and ensure they meet University guidelines.
5. Serve as a liaison point for membership and networking.

Membership

1. Directors of Resident Affairs from each campus
2. Resident Affairs Coordinator
3. Resident Affairs Wellness Counsellor
4. Residents/Fellows from a variety of programs and campuses
5. Faculty Representatives?
6. Community Representatives?
7. HHS SHINE Coordinator?

Reporting

There is no direct reporting responsibility as this an advisory group.

Meeting

Approximately every 2 months, on the 3rd Monday of each month at 1800h-1900h.

Administration

Agendas to be circulated in advance, minutes to be reviewed, corrected and transcribed by the Coordinator.

Date approved: TBD