



**Angela Norkum-Porubanec**  
**Administrative Assistant, Okanagan Library**

**Why did you decide to become a WWA?**

I strongly believe in supporting people with their own wellness journey and when the program came onto the Okanagan campus, I knew I wanted to be involved. The opportunity to share and promote the wellbeing resources that are available is just one positive way to connect with those that I work with.

**What has been your favourite part about being a WWA?**

Definitely getting to meet and hear from the other WWA's on campus. Everyone has such

great ideas of how to support their teams with wellbeing and I've learned so much from everyone.

**Can you tell us one thing that you have done as part of your Ambassador role and how it benefited your department?**

I worked with another staff member in the Library – Larissa Macklem and we applied for the Healthy Workplace Initiatives Fund and set up a Wellness Lending Library for our staff and faculty. The items available include yoga mats, a foam roller, resistance bands and other small items that anyone can go and borrow to use and take a wellness break.

**What advice do you have for people who are considering becoming a WWA?**

Come join us! It is a wonderful group of welcoming people with so many opportunities to learn more about wellbeing. It's also not a large time commitment if that is something that you're worried about.

**How do you Thrive?**

I really try and take the Thrive 5 - to heart: moving more, sleeping soundly, eating well, giving back and saying hi.

I love to get outside and go for a walk or a hike with my dog. If I'm working on campus, I connect with friends and have lunch together. During the summer I have a garden and enjoy making recipes with what's in season – or giving it away to those around me. My group of friends have also planned a monthly crafting date where we all bring a project to work on.



**Erika Lachance**  
**Administrative Support Specialist**  
**Office of Infrastructure Development & Office of**  
**Campus Planning**

#### **Why did you decide to become a WWA?**

I have a keen interest in discussions surrounding mental health and overall well-being, often finding myself actively engaged in these conversations. Joining the WWA program felt like a natural step for me, as it provides an opportunity to connect with like-minded individuals who share similar aspirations.

I observed a significant gap in comprehension within our office environment, coupled with a prevailing overwork culture that often resulted in insufficient attention to our well-being. It became crucial for me to find a space where I could actively participate and contribute to the direct and indirect support the UBCO community, specifically the two departments I support.

#### **What has been your favourite part about being a WWA?**

Having the ability to disseminate insights and updates on wellness and well-being, coupled with the chance to delve into UBCO's dedicated initiatives for community well-being, has been immensely valuable. In essence, my favorite part about being a WWA is the opportunity to absorb the information curated by the WWA program to subsequently share it with my teams.

#### **Can you tell us one thing that you have done as part of your Ambassador role and how it benefited your department?**

Inspired by the impactful initiatives of fellow WWA members in their respective departments, I took the initiative to introduce a monthly potluck within our teams, aligning with one of the Thrive 5 principles – [Eating Well](#). Overcoming the challenge of limited buy-in due to time constraints in our busy office, I strategically structured the potlucks to address multiple needs.

By setting it as a monthly event, we alleviated the pressure on our staff, offering a refreshing break without adding excessive demands to their schedules. The timing, scheduled over the lunch break, ensured no conflict with work hours, actively encouraging everyone to take a full hour for lunch. Moreover, tying the potluck themes to holidays or special events added a delightful element of fun and excitement. Sharing meals that bring joy has fostered a positive atmosphere, making the monthly potlucks a well-accepted and now integral tradition in our office.

#### **What advice do you have for people who are considering becoming a WWA?**

Being part of the WWA isn't a time-consuming commitment; instead, our meetings or discussions on the MS Teams channel create an atmosphere of genuine support for a rich and

wholesome well-being environment. Every interaction feels like time well spent, surrounded by like-minded individuals, consistently offering opportunities for personal growth and inspiration.

**How do you Thrive?**

I find that I Thrive the most when I embrace authenticity. This often translates to ample time spent outdoors, accompanied by my dog and/or family, exploring the hidden gems of the Okanagan where the atmosphere isn't overcrowded or overly "touristy." Another Thrive time for me is being in the kitchen, crafting and sharing food, as well as contributing to the community through volunteer work with the B.A.R.K. program and COSAR (Central Okanagan Search and Rescue).