

VP Welfare and Equality Officer Manifesto:

Micheala (Kayla) Nolan

Mental Health Management – Body Positivity – Period Poverty

Hi, I'm Micheala (**Kayla**) Nolan! I'm running for the **VP welfare and equality** position because I want to see a movement in the SU that has a positive impact on the students health and wellbeing. I believe I am the best person for this position as I am truly passionate about helping others feel good within themselves. I am a qualified life coach and to that end I consistently empower people to want to take care of their body and mind, often resulting in them going after the life that they want. Through my experience in building my own online wellbeing business, I have gathered the skills that could be put to great use in this welfare and equality position in order to fight for a **healthier** and **happier** campus. The following consists of the things I plan to work on as **YOUR** Welfare and Equality Officer and the goals I aim to achieve throughout the coming year:

Mental Health Management

From my own experience as a student, I am fully aware of how truly difficult it can be to remain motivated and mentally stable throughout the college year, especially once winter hits! As the Welfare Officer I will highlight and spread awareness on such struggles like **seasonal depression** and **exam anxiety**, in order to help combat and reduce mental health issues on our campus. Interactive talks and interventions would take place in order to teach students how to mind your mind, manage your wellbeing and potentially motivate students to want to be in college and not give up on themselves. Workshops for calming the mind around exam season would be put into place as would better access to mental health resources. The mental health of the TUD Blanchardstown students is a priority to me.

Body Positivity

Everybody at some stage in their life has had an issue with how they look and how you feel about yourself can a ripple affect on the rest of your life. This is why I have dedicated the last four years of my life **normalizing normal bodies** through my social media platforms. Body diversity isn't something that is talked about or educated enough on. BUT, as the Welfare and equality officer of Blanchardstown, I plan to spread awareness on **body positivity** in a healthy and compassionate way, as I understand how sensitive this subject can be. For the students of TUD Blanchardstown, I will ensure that there is more education around this topic through fun campaigns, events such as presentations, talks etc. and workshops that create an optimistic outlook on this subject. When you feel good within yourself, you DO good for yourself. So, one of my goals as your officer is to help you be a little **kinder to yourself** so you can get all you want from your college experience!

Period poverty

Period poverty is an issue among many of the students at TUD Blanchardstown and I recognise the impact that it has on students and among many women that are genuinely sacrificing their food so they can afford their **sanitary products**. The idea of period poverty isn't talked about enough but as the Welfare and Equality Officer I will shed light to this subject as I understand the important of this matter. The fact that TUD Blanchardstown can provide such items like condoms, lube, etc. for **FREE** gives me hope that as YOUR officer I can tackle this period poverty and potentially get free period products for our students. We choose to have safe sex, but women have no control over getting periods. So, to that end I will campaign in support of putting an **end to period poverty** through events such as collection stations for sanitary products.

As the **VP Welfare and equality officer** I will provide services to help you manage your mental health, promote body positivity and end period poverty. In addition to this I will also aim to work on subjects such as sexual health and safety, inclusion for people with disabilities, among many other important topics that will be discussed throughout the year! So, **voting for me**, is basically voting for yourself! Let me be your voice for change. If I win, you win.

Follow my campaign:

- <https://linktr.ee/kaylanolan>



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VP Welfare and Equality Officer TUD Blanchardstown.

#Iwin,youwin.