



PARNL RESIDENT WELLNESS AWARD APPLICATION

AWARD: Certificate and five hundred dollars (\$500)

CANDIDATES: Awarded to the resident who enhances and promotes:

- resident wellness
- healthy working habits, and
- promotes a positive culture that fosters a psychologically safe learning environment.

ELIGIBILITY: All PARNL Members

REQUIREMENTS: Applicants must:

1. Be a current PARNL member.
2. Can self-nominate, be nominated by a PARNL member **or** their Program.
3. If self-nominating, one letter of support is required.
4. Complete this application form.
5. Submit all documents via email to info@parnl.ca by **May 31, 2025**.

Incomplete application forms will not be considered.

Nominee:

Name: _____

Email: _____

Program/PGY Level: _____

Nominator:

Name: _____

Email: _____

Title: _____

Signature: _____

Please answer the following questions in the spaces provided.

1. Provide examples of how the nominee enhances and promotes resident wellness.

2. How does the nominee promote healthy working habits?

3. How does the nominee promote a positive culture that fosters a psychologically safe learning environment? Please provide examples.

4. Please provide any additional information you may wish to support this application.