



# VISION STATEMENT

<b>Candidate's Name</b>	Destiny Shadracks
<b>Candidate Team Name</b>	
<p><b>Destiny Shadracks- wellbeing Officer:</b></p> <p>Hello, my name is Destiny and I am running to be the wellbeing officer for 2026/27. As your wellbeing officer I will focus on making Safe Spaces for Students. I am a student at Manchester Metropolitan University who would like to contribute to the student community and create safe spaces by reducing stigma, encouraging social connections, working on community outreach and addressing anxiety students may have of the future. I have been proactive in my local community through volunteering with a mental health charity (Bold St3p) and disability services (Dombi children's disability trust) and doing pro bono (support through court) and I want to use my experiences to help make every student at MMU to feel safe, supported and comfortable.</p> <p><b>Reducing stigma:</b></p> <p>I want to create an environment where students feel comfortable being more open. Wellbeing addresses every aspect of someone's life by reducing stigma that may be attached to certain aspects of someone's life, such as mental health. Volunteering with mental health charities (Bold St3p) has highlighted the importance of reducing stigma and encouraging healthy habits. Stigma surrounding mental health issues results in people experiencing shame and can lead to self-isolation. This only negatively impacts someone's wellbeing. I would like to create spaces where students feel safe and comfortable confronting their emotions and reaching out if they need any additional assistance. Safe space creates positive environments for all students and reassures them that if they are going through something there is always someone/somewhere to go to.</p> <p><b>Encouraging social connections:</b></p> <p>I have been involved in multiple societies and activities while in university and have had the opportunity to meet some amazing people. This has highlighted the importance of a healthy social life. Studies show that social connections are incredibly important for mental health, physical, and emotional well-being. Isolation can have adverse effects on an individual's wellbeing. I would like to encourage social connections as this can help create positive environments for both students and faculty because a positive environment is a benefit to everyone.</p> <p><b>Community outreach:</b></p> <p>I would use my position to empower students by giving them resources and support to address students specific needs and help improve overall wellbeing for students by encouraging student engagement in resources that the university provides and taking student feedback on any further whys they can be supported both in and outside of their studies.</p> <p><b>Addressing future anxiety:</b></p>	

As a careers associate at MMU I know firsthand how anxious and scary it can be for graduates to step into the workforce especially with the current state of the job market. Furthermore, exam anxiety and stress can further negatively affect a student's wellbeing. I would like to create an environment to help address these worries for students.

