



Volunteer with LANCASHIRE WOMEN

Person Specification

The Volunteer Training Lancashire Women provide will help to develop further all the following essential required skills and attributes, but trainees will be expected to possess a good level and understanding of each prior to starting the course

- Good Communication Skills (Verbal/Written)
- Friendly, approachable and welcoming
- Empathy, Patience & a Good listener
- Person Centred
- Understands Confidentiality
- Boundaried
- Good Team Player who also possess the ability to work on own initiative
- Ability to self-reflect
- Adaptable and reliable
- A natural motivator
- Observant
- Resilient, manages their feelings and reactions and handles conflict well
- Well Organised with Admin skills
- Punctual, good timekeeper

Following the training, volunteers can apply their new skills and learning in a wide variety of ways and they will be offered choices of available placements to gain valuable experience and further their learning. Depending on their reason for joining the Lancashire Women team, they may find themselves for example –

- Facilitating a peer group or supporting a trainer in a lesson
- Inputting data and ensuring accuracy for measuring impact
- Raising funds
- Offering support and guidance **or** as a Therapist (N.B. Minimum Level 4 required for counsellors)
- Researching, Engagement, Network And Promotion
- Signposting to external support services
- Co-designing & producing services

... wherever they find themselves they can be sure that they will be empowering women to be able to transform their lives and ensuring that they too can have choices in becoming the individuals they want to be.