

Required skills and experience needed to be a Recovery Sessions Volunteer	
Areas	What you will need to be able to do
Knowledge & Experience (or willingness to learn)	<ul style="list-style-type: none"> • Have an understanding that people can recover in different ways • Previous experience of supporting others particularly in relation to their mental health would be helpful • Have an understanding of, and commitment to equal opportunities, diversity and people's rights
Skills	<ul style="list-style-type: none"> • Confident with an ability to create connections with others on a 1:1 basis or in groups • Ability to listen attentively and encourage engagement • Ability to feedback information accurately • Ability to contribute ideas positively to the wider team in training and development • Ability to reflect on the environment and any potential barriers people may experience accessing our and other services • Ability and commitment to keeping information confidential
Personal Attributes	<ul style="list-style-type: none"> • To be reliable, punctual and flexible • To be confident dealing with a variety of emotions in others • To be open to on-going learning • To let us know if the role is becoming too demanding and to commit only to what feels manageable and positive to you • To connect with a wide range of people who may have differing opinions and experiences to your own

<p>Additional Requirements</p>	<ul style="list-style-type: none"> • Ability to travel independently • Ability to use email and phone • Willingness to explore a Wellness Action Plan • Willingness to have an enhanced DBS check
<p>Training & Support Offered</p>	
	<ul style="list-style-type: none"> • Introduction to Omnia including training in Recovery Practice, recovery focussed support and safety planning and coaching skills. • Organisational Induction • Professional Boundaries, Safety at Work, Safeguarding and Equality and Diversity • Trauma informed practice – understanding the nature and impacts of trauma and how to create trauma informed environments • Mental Health First Aid • Regular supervision with the team leader • Wellness Action planning