

Required skills and experience needed to be an Expert By Experience	
Areas	What you will need to be able to do
Knowledge & Experience	<ul style="list-style-type: none"> • Have personal experience of managing and/or caring for someone with a mental health problem • Have an awareness of recovery focused practices and how it can help people • Have experience and/or understanding of using local services • Have an understanding of, and commitment to equal opportunities, diversity and people's rights
Skills	<ul style="list-style-type: none"> • Ability to create connections with people and groups • Willingness to talk about your own experiences, recovery and to encourage others to do the same • Ability to assist the Volunteer & Work With Us team to promote recovery practices to the staff and volunteers that work for Mind • Ability to listen and encourage engagement • Ability to contribute positively to development work • Ability to reflect on the environment and any potential barriers people may experience accessing our services • Ability and commitment to keeping information confidential
Personal Attributes	<ul style="list-style-type: none"> • To be reliable, punctual and flexible • To be open to on-going learning • To let us know if the role is becoming too demanding

	<ul style="list-style-type: none"> • To commit only to what feels manageable and positive to you • To connect with a wide range of people who may have differing opinions to your own
Additional Requirements	<ul style="list-style-type: none"> • Ability to travel to local venues if required • Ability to use email and phone • Willingness to explore a Wellness Action Plan • Willingness to have a DBS check
Training & Support Offered	
	<ul style="list-style-type: none"> • Recovery Informed Practice and the importance of Stories in Recovery • Using experiences and stories to support recovery in others • Professional boundaries • Mental Health First Aid Safety and Work • Safeguarding Adults • Volunteer Induction • 1:1 supervision with Volunteer & Waves Team and group supervision