

# Pathways to Volunteering Course content

## Session 1

Overview of volunteering -what is volunteering, types of volunteering, why do people volunteer, benefits of volunteering, and expectations. Identifying and overcoming barriers, goals and goal setting, confidence building and team work exercises. Time commitment: 2.5 hours

## Session 2

Overview of volunteering opportunities and supporting to apply. Getting ready to volunteer, induction training, confidentiality, keeping yourself safe, boundaries, health and safety. Time commitment: 2.5 hours

## Volunteering Opportunities

Support with identifying volunteering opportunities, making contact & initial meeting

Time commitment: Varied, to suit participant and organisation

## Review & reflection session

Looking at the impact of volunteering, what has the participant gained from the experience, what has the organisation gained, what skills were used and learned. Planning next moves and support to find ongoing volunteer roles. Feedback and evaluation of the course. Completion of the course –celebration event and certificates

For further information or to sign up, please contact:  
[volunteering@westlothian.gov.uk](mailto:volunteering@westlothian.gov.uk)

# Pathways to Volunteering Course

## Jim Walker Partnership Centre

---

### Interested in Volunteering?

The Pathways to Volunteering Course helps introduce you to the world of volunteering whilst supporting you to identify volunteering opportunities that aim to support you reach your goals.

This course helps to identify and overcome any barriers that you may be experiencing, helps to identify and set goals as well as working on confidence building and team work exercises.

Whether you're looking to build confidence or gain new skills in a new area, there are a number of volunteering opportunities to explore.

In addition to the course, participants now have the opportunity to gain a SQA Level 3 in Preparing to Volunteer.

For further information or to sign up, please contact:  
[volunteering@westlothian.gov.uk](mailto:volunteering@westlothian.gov.uk)