

Name of workshop:	SLIC - Valuing Volunteering
Address:	University of Strathclyde, Centre for Lifelong Learning, Glasgow G1 1QE
Contact:	Maureen Marley
Tel:	+44 (0) 141 548 4388
Email:	maureen.marley@strath.ac.uk

'Valuing Volunteering' consisted of 2 full day workshops for older adults (MR)

Aims:

- to explore the world of volunteering
- to review personal skills and areas of development
- to listen to experienced volunteers (VLO)

Objectives:

- construct a personal skills profile and volunteering CV
- know how to identify goals and create a sound action plan
- use websites to search for volunteering opportunities (VLO)

WORKSHOP: KEY TECHNIQUES

Ice Breaker *'Getting Acquainted'*- to introduce participants to each other and the group involving 3 questions: their name, favourite colour and holiday destination and current interest in volunteering (IB)

Setting the Scene The facilitator presented the background to the workshops and described the activities to be explored over the two days.

Core Workshop Activities

- Café conversations- encouraging dialogue, discovery and diversity (SP)
- Mind mapping – a creative tool to explore topical questions (SP)
- Constructing a skills profile and volunteering CV using self evaluation (SP)
- Producing promotional materials
- Setting goals and action plans (AP)

Appendix Key

AP - Goals & Action Plans
 IB - Ice Breaker
 HW - Homework
 MR - Marketing & Recruiting
 SP - Skills Profile
 VLO - Volunteering & Learning Opportunities

Running the Workshop Activities

The workshops were practical interactive sessions using group, paired and individual work.

Group discussions and reflections on skills and experiences led to identification of signature strengths for future volunteering opportunities.

Resources and Materials

- mind maps and coloured pens
- flipchart
- IT interactive Smart board, Web links, REAL player clips

Additional Comments

- Hospitality on the start of the first workshop acted as an initial ice breaker for participants
- Café conversations create a sociable space to share experiences and knowledge
- Personal Skills Profile work shared with family and friends is a rewarding exercise (HW)

Mindmapping

