Life Skills Supporter

Role Description

Life Skills Online is a free online eight-module programme with an environment designed to support clients tackling difficulties with low mood. It is specifically aimed at individuals who are experiencing mild to moderate depression and is based on the principles of cognitive behavioural therapy.

As a Life Skills Online Supporter, your role is one mainly of encouragement and support. You are not expected to give advice or suggest solutions to problems. Instead, you aim to encourage clients to stay engaged with the programme and keep working through the content in as reflective a manner as possible. In particular, you encourage clients to engage with the activity in each module. Completing the activities is the best way for clients to gain the most benefit from each module and really engage with the topic. Each week the supporter writes a review message to the client. The review message is based on the client's engagement with the programme and the activities shared while addressing any questions or comments posed by the client. In carrying out this role each supporter is trained to support all clients as outlined above while adhering to Aware's ethos, policies, and procedures. The Life Skills Online supporter reports to the Education and Online Co-ordinator.

Person Description - Qualities and Skills

An Aware volunteer will be empathetic and possess good communication skills, have an ability to take direction and possess enthusiasm and passion for the area of mental health and/or for the work of Aware. The Aware volunteer must be respectful of others and understand the importance of being a supportive and flexible team player. They must be willing to make a long term commitment to volunteering with Aware and to participate in mandatory ongoing training.

Other Requirements

- Must be over 25 years of age
- Garda clearance will be required and two references
- This role is available for people to apply nationwide
- Good knowledge of Cognitive Behavioural Therapy
- Basic computer skills

- Access to laptop/computer

- Good broadband

- Children First Online training (further details will be provided by Aware on acceptance to Aware training).

- Safeguarding Vulnerable Adults at Risk of Abuse online training (further details will be provided by Aware on acceptance to Aware training).

- Fluent written and spoken English

Duties & Commitment:

- Setting weekly review dates.

- Acknowledge clients work and what they have done so far in the programme.

- Affirm something they have done well or achieved.

- Ask some exploratory questions.

- Make some suggestions to cover specific areas of the programmes

- To bring to the attention of the Life Skills Co-ordinator any issues of concern regarding any aspect of the role

- To act at all times according to the guidelines and code of practice of Aware.

- To commit to and follow through on reviews as scheduled.

- Respond in a non-directive, non-judgemental manner to clients.

- To adhere to the Aware policies.

- To honour a weekly commitment for a minimum of 18 months.

- Support meetings take place regularly alternating between lunch time and evening offerings. We ask that volunteers attend at least 4 per year

- To carry out the role as set out in the Aware Life Skills Online Supporter Manual.

- To participate in initial and ongoing training provided.

- To participate as required in evaluations and audits of the Service

- To commit for 4 phases per year where you support your designated clients with a written review for a continuous 8-week duration per phase.

Benefits of Volunteering with Aware:

- Full training provided.
- Ongoing support.
- Development of skill set.
- References provided upon completion of required period of service.*
- Out of pocket expenses covered.**
- Experience of working with a national organisation which strives for best practice and whose services are independently evaluated.
- Opportunities to progress with Aware.

* Details re provision of references outlined in section 4.5 of the Aware Volunteer Policy.
* *Criteria and conditions apply.