



VOLUNTEER ONBOARDING

My Learning Journal

Never Stop Learning because
Life Never Stops Teaching

Module 1(a)& 1(b)

We are Aware
Your Volunteer Learning Pathway

Take a moment to reflect on what you have learned from this section.
Use the **Compass Points**

- What **E**xcites you?
- What **W**orries you?
- What **S**urprises you?
- What do you **N**eed to Know?

Module 2(a)& 2(b)

- What is Mental Health
- Communication Skills in a Listening Role

Take a moment to reflect on what you have learned from this section.

Use the **Compass Points**

What **E**xcites you?

What **W**orries you?

What **S**urprises you

What do you **N**eed to Know?

Module 3(a)& 3(b)

- Module Review
- Resilience & Self - Care

Take a moment to reflect on what you have learned from this section.

Use the **Compass Points**:

What **E**xcites you?

What **W**orries you?

What **S**urprises you?

What do you **N**eed to Know?

Module 4(a)& 4(b)

- The Aware Framework
- Delivering our Services

Take a moment to reflect on what you have learned from this section.

Use the **Compass Points**:

What **E**xcites you?

What **W**orries you?

What **S**urprises you?

What do you **N**eed to Know?

Module 5(a)& 5(b)

- Ready to Volunteer!

Take a moment to reflect on what you have learned from this section.

Use the **Compass Points**:

What **E**xcites you?

What **W**orries you?

What **S**urprises you?

What do you **N**eed to Know?