

Life Skills Online

Supporter

ROLE DESCRIPTION

WHAT IS THE PURPOSE OF THE LIFE SKILLS ONLINE PROGRAMME?

Based on the principles of cognitive behavioural therapy (CBT), the Life Skills programme is designed to help participants learn more about how we think and how this can influence our actions in helpful or unhelpful ways. The Life Skills Online Programme is comprised of eight modules which a participant can work through online in their own time from the comfort of their own home

WHAT IS THE ROLE OF THE LIFE SKILLS ONLINE VOLUNTEER?

Each Life Skills Online Volunteer is assigned 6 clients whom they support over the course of the 8-week programme. The volunteer types up a review message once a week for each client to read through when they log in, based on what the client has shared, where they have spent time in the programme, addressing any questions and pointing to parts of the programme that might be helpful.

WHAT SKILLS OR QUALIFICATIONS WILL I NEED?

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. An Aware volunteer will be empathetic with excellent communication skills, enthusiasm and passion for the area of mental health and/or for the work of Aware.

WHAT ARE THE AWARE GUIDING PRINCIPLES?

Volunteers encourage participants by promoting pathways to recovery by:

- Treating participants with dignity and respect with due regard to the principles and guidelines of Aware
- Responding to each contribution in a non-judgmental manner and in accordance with Aware's Confidentiality and Risk Management Policy
- Promoting pathways to recovery through the signposting supports within the programme or information on Aware's additional services including the Support Line/Mail and Support & Self Care Groups etc.

OTHER REQUIREMENTS

Personal

- Over 21 years of age
- Fluent written & spoken English
- Excellent Computer Skills
- Passionate about mental health with knowledge of CBT
- Empathetic, compassionate nature
- Excellent communication skills
- Punctual and reliable
- Attendance at all training

Your Environment

- Reliable Broadband
- Quiet, private location to work
- Smartphone or desktop
- Available 3 hours per week for 18 months

Paperwork

- Garda Vetting
- 2 x References
- 2 x HSEland Courses (Children First & Safeguarding Adults at Risk of Abuse)

