

# Student Minds Male Workshop Facilitator - Leeds

Student Minds, the UK's student mental health charity, are looking for male volunteers who are interested in giving their time to change the state of male students' wellbeing through the Men's Mental Health Project.

Be part of a group of male students running 'Look After Your Mate' workshops for male students on your campus to give them to tools to support themselves and their friends.

This will be a great opportunity to increase your experience of building and maintaining interpersonal relationships, confidence in public speaking; motivating and mentoring others. These skills are essential to graduate life, and this is an exciting chance for you to make positive change on campus.

## **Role summary:**

To provide a safe, non-judgemental space for your male peers where you will deliver training in a workshop-style session so that they can become better able to look after their friends while studying. The role does not involve providing advice or counselling to other students, and facilitators are not expected to have any prior experience in running workshops or wellbeing-related courses.

## **Time and training commitment:**

- To facilitate, you must attend the two-day Student Minds Look After Your Mate training.
- Minimum 10 hours a month volunteering, spread between advertising and running the sessions, attending supervision and meeting with other volunteers.
- Must be able to commit to facilitating for one full academic year.

## **Desired attributes/skills:**

- Empathetic, non-judgemental and respectful
- Open-mindedness and willingness to learn
- Commitment to the role
- Strong listening and verbal communication skills
- Ability to work effectively both independently and in a team
- Good time management skills and ability to prioritise
- Good organisational skills
- Enthusiasm for leadership tasks and responsibilities
- Ability to take initiative and engage in problem solving
- Ability to give and receive feedback

## **Responsibilities and requirements:**

- Establish and run a safe workshops for students at your university.
- Alongside another trained volunteer, facilitate sessions for students following Student Minds confidentiality policy.
- Publicise and promote the workshop in a variety of ways, including using publicity materials, managing social media accounts.
- Liaising with University staff/SU staff/existing student groups and societies to promote the workshop.
- Manage logistics of the workshop, including booking rooms, collecting feedback from attendees, and organising and attending team meetings.

- Maintain contact with Student Minds, providing attendance data and feedback following each session.
- Attend supervision with a trained supervisor following each session you facilitate.
- Be an ambassador for Student Minds.

#### **Benefits of becoming a workshop facilitator:**

- Part of the Student Minds facilitator network and the men's mental health committee
- Good practice and experience for future career
- Develop knowledge of mental health
- Develop leadership skills
- Two-day intensive and thorough training
- Networking with other university students
- Ongoing support from Student Minds
- Gain professional skills and experience

#### **What support will I receive?**

- Supervision - after each workshop you facilitate, you will have a call with one of our supervisors to talk about the session, reflect on your progress in running the sessions, raise any concerns or challenges, and develop your own skills and confidence.
- A personalised Volunteer Development Plan - the Program Officer will work with you to identify key skills you would like to work on, and when you leave your role you will have access to a document filled with practical examples of these skills, which you can show employers.
- Access to all of our online resources including e-learning, how-to guides, templates, downloadable event packs and more.
- Advice and guidance from a Student Minds staff member. We're on hand to support you with the running of the workshop.
- A personalised Student Minds group logo and access to a Student Minds email address for communications.

#### **Is this the right opportunity for me?**

Our number one priority is the wellbeing of our volunteers, so we encourage all students to think carefully about whether now is the right time to take on this type of volunteering opportunity.

We do not encourage students with acute mental health difficulties to take on the responsibilities of a workshop facilitator. We use the word acute to refer to difficulties that have a substantial impact on your quality of life and/or capacity to engage in your university education.

- If you're unsure whether the volunteering is suitable for you, please get in touch [volunteer@studentminds.org.uk](mailto:volunteer@studentminds.org.uk)
- Take a look at our 'Student Volunteering' page for other opportunities you may be interested in getting involved with.

*Have any questions about the application process or need reasonable adjustments made? Please contact [access@studentminds.org.uk](mailto:access@studentminds.org.uk). We are inclusive and encouraging of all students who want to volunteer, and in particular welcome BAME, LGBTQ+ and disabled applicants.*