



VOLUNTEER COACH ASSISTANT

Dear Applicant

Thank you for your interest in the role above.

Volunteering is a rewarding and life enhancing experience. Volunteering opportunities help both the community as well as organisations who rely on you to support their work.

It has been found that volunteering just a few hours a week can be very beneficial for health and wellbeing, offering volunteers the opportunity to participate in helping to make positive changes in the local community, and so we value you as a volunteers and greatly appreciate your support in helping us to help the wider community.

In addition becoming a volunteer and helping charitable organisations is something that not only can you add to your CV making you more attractive to prospective employers, you can also gain a wide range of skills depending on the volunteer role.

We hope that you feel able to support our organisation and look forward to your application.

The closing date for this role is: ONGOING

Kind Regards

A handwritten signature in black ink, appearing to read 'Paul Shanahan', with a stylized, cursive script.

Paul Shanahan
Founder, Go Get You



VOLUNTEER ROLE: COACH ASSISTANT

PURPOSE

Coach Assistants help support the coach in a number of ways, including helping to set up the room for classes to registering new members and members move points. Other duties may be asked of Coach Assistants as required.

LOCATION

Coach Assistant volunteers will work out in the community at sites, groups and events designated by the coach.

RESPONSIBILITIES

1. Distribute promotional material to organisations, businesses and the general public as guided by the Coach
2. To work collectively with other volunteers to promote the organisation, its services and projects
3. To feed back to the Coach the effectiveness of Go Get You promotional material
4. Work with the Coach to plan and attend public events to promote Go Get You and any current projects and services
5. Help to prepare the room for the coaches' classes
6. Register new members using our online form
7. Log members move points
8. Demonstrate exercises to members under the guidance of the coach

SUPPORTED BY

Volunteers will be supported by and communicate directly with the Coach.

TIME COMMITTEMENT

We require an outreach volunteer to make a minimum commitment of 8 hours per week over 1 to 2 days, however are flexible to the time you are able to offer.



QUALIFICATIONS

This role requires no particular qualifications, however previous experience in this type of role is an advantage, as are any qualifications in marketing or promotion.

SUPPORT PROVIDED

All volunteers will be taken through an induction workshop in the philosophy, mission and values of the organisation. All volunteers will be offered the opportunity to experience the services provided by Go Get You, however this is only mandatory for volunteers directly supporting the service manager in the delivery of these services. A monthly volunteers meeting will be held to provide support and offer the opportunity to discuss ideas and any problems.

ADDITIONAL INFORMATION

As volunteers in this role will not be working directly with children, young people or vulnerable adults a DBS, formally known as a CRB is not required.

Part of this role requires volunteers to deliver promotional material to private residences in various areas to promote Go Get You, its' services and projects. For some activities involved in this role, where appropriate we ask volunteers to work in pairs to ensure personal safety.

WHAT NEXT?

To apply for this volunteer role please complete our online application at www.gogetyou.org/volunteer