



Explore YOUR Purpose

PASSION		VOLUNTEERING	SKILLS	CAREER PATH
A	Protecting the environment	Cleanups at community centre, trails, or parks; community gardening; supporting environmental sustainability programs	Organizational Interpersonal Manual	Environmental engineer; land use planner; waste management; recycling; ecologist; horticulturalist
B	Fighting poverty	Building homes; advocacy or information campaigns; shelters and food programs; food, clothing and supply drives	Leadership Organizational Manual Communication Financial	Social worker; social services worker; documentary or report writer; community worker advocacy; food service; politics
C	Caring for people & Animals	Community support programs for seniors, adults, children or people with special needs; friendly visiting or buddy programs; tutoring; crisis centre help line; spiritual support; cleaning; language translation; Animal shelter helper; pet visitor to seniors; horseback riding therapy	Communication Personal Qualities Interpersonal Organizational Manual	Teacher; social worker; hospitality; child care; personal support worker; counselor; police/security; human resources Veterinarian; animal trainer; animal biologist; pet therapist; pet store manager
D	Event planning and promotion	Planning special events and programs for seniors, adults and children; cross-cultural events; public relations and promotion; social media and website management; fundraising; canvassing;	Leadership Organizational Interpersonal Communication Technology Creative	Hospitality & tourism; event planner; fundraiser; community programmer; marketing/sales manager; entrepreneur; motivational speaker
E	Sports and recreation	Sports coaching; recreation therapy; after-school or camp programs; training; sport workshops	Leadership Communication Organizational Interpersonal	Sports medicine practitioner; personal trainer; physical or recreation therapist; recreation facility management
F	Healthy living and education	School nutrition; community centre health and wellness; emergency/first aid; tutoring and literacy programs	Leadership Communication Personal Qualities Organizational Manual	Health care practitioner; nurse; physical therapist; dietician; paramedic; doctor; fitness instructor; food services; teacher
G	Community development	Board member; events/fundraising committee member; advocacy campaign; city or neighborhood planning committee	Organizational Communication Leadership	Corporate/financial management; business planner; executive director; negotiator; consultant; research and development
H	Managing resources and information	Reception; information services; library/resource centre assistant; computer support or instruction; board treasurer; food bank managing/ sorting/ delivery	Organizational Technology Numeracy Financial Leadership	Office manager; IT technician; supervisor; government services; librarian; researcher; accountant; customer service
I	Creating and the arts	Painting; gardening; building; landscaping; music or arts programs; promotion/campaign materials; speaker's bureau; community theatre/museum - wardrobe/set	Technology Writing Organizational Creative	Designer; artist; seamstress/ tailor; construction or trades worker; gardener/landscaper; musician; museum curator; theatre management

Skills Self-Assessment

Volunteering gives you valuable life experiences that can help identify a potential path for education or employment. **Match YOUR interests to volunteer ideas that may connect you to your purpose or passions.**

The Volunteer Action Centre website provides access to hundreds of WR organizations who need YOU!

www.volunteerWR.ca

SKILLS	GOOD AT	ACTIONS	TO DEVELOP
Communication	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Reading, comprehending ▪ Writing, editing ▪ Talking, explaining, teaching, facilitating ▪ Questioning, resolving conflicts, listening ▪ Persuading, self-expression, building relationships 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Creative	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Creating, inventing, designing, displaying ▪ Performing, entertaining, presenting ▪ Design – graphics, drawing, painting, sculpting ▪ Writing, playwriting, composing 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Events & Fundraising	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Fund development ▪ Event management ▪ Financial planning 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Interpersonal	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Customer Service – helping others ▪ Team building ▪ Advising, counseling, supporting ▪ Collaborating, following, helping ▪ Initiating, planning, time management ▪ Organizing, self-management 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Leadership	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Decision making, risk taking ▪ Motivating others - directing, supervising, coaching ▪ Problem solving ▪ Strategic thinking 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Manual Trades	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Building, Assembling, Operating equipment ▪ Repairing, Maintaining equipment ▪ Painting / Cleaning ▪ Gardening ▪ Food Handling 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Numeracy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Counting, calculating, measuring ▪ Estimating, budgeting, sorting ▪ Filing, scheduling, classifying ▪ Managing money 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Organizational	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Managing information ▪ Managing multiple responsibilities ▪ Administering, scheduling ▪ Coordinating, planning 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Personal Qualities	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Investigating, researching, tracking trends ▪ Assessing, analyzing, synthesizing ▪ Adapting, collaborating, visioning ▪ Critical thinking 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Technology	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> ▪ Computer operating expertise ▪ Word Processing, Data Entry ▪ Social Media ▪ Web design 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>