

Required skills and experience needed to be a Peer Volunteer with the Get Set to GO Project	
SKILLS	
Essential	<ul style="list-style-type: none"> • Awareness and understanding of mental health and wellbeing. • Have an understanding of, and commitment to equal opportunities, diversity and people's rights • No specific sports qualification is required but experience of using physical activity to improve physical and/or mental wellbeing is essential. • Good time management skills • Ability to communicate with people of any age and background in a friendly and supportive manner. • Good understanding of how to maintain professional boundaries and the importance of confidentiality • Positive, Patient and Tolerant • Ability to encourage and motivate with positive feedback
Desirable	<ul style="list-style-type: none"> • Experience of working with people with poor mental health. • Experience of providing one-to-one or group based peer support • Knowledge of the health benefits of physical activity • Knowledge of mental health problems
Personal Attributes Essential	<ul style="list-style-type: none"> • To be reliable, punctual and flexible • To be calm and avoid conflict – Non confrontational • Self-motivated and keen to motivate others • Open and non-judgemental attitude
Additional Requirements	<ul style="list-style-type: none"> • Able to use email and phone • Willingness to have a DBS check • This role will require a regular commitment (exact details to be agreed)