



## VOLUNTEER BRIEFING PACK

### What Can I Offer As A Midnight Basketball Volunteer?

There is no doubt you will have had many and varied life experiences, including the experience of difficult and challenging times plus enjoyable and memorable moments. Whatever your own personal or professional experience, you have developed life skills that you can teach, role model, demonstrate and impart to young people.

Below are some life skills that you may not even realise you have.

#### What you have to offer

- You know how to be kind and considerate to people.
- You know how to be respectful and courteous to people.
- Demonstrate manners at meal times and when interacting with other people.
- You may have been a parent or carer of young people and have developed an understanding about their needs and stages of development.
- Your work experience – think about what you have learnt about negotiation, achievement, reward, teamwork, acceptance and disappointment and use these skills during Tournament nights. Think about what worked best for you. Remember young people are only starting out on the journey of learning these skills.
- Share your experiences of getting part-time or casual jobs, training or apprenticeships. Perhaps how starting work was initially not full time but lots of small experiences and what these experiences were like for you. Reflect on the varied life lessons and skills these experiences taught you and why they were important to you.
- What did you learn about at school? What was your experience of studying and learning? What things did you find hard?
- How have you overcome any difficulties you have had? How did you learn to cope? What could you share with young people about this experience?
- Think about any previous experiences you may have had with other groups, sporting or other clubs. Did you do any administration, catering, rostering, equipment organising?
- You have an understanding of personal presentation and social etiquette in public, role model these to young people.
- You know about the importance of hygiene and why it is important to look after yourself.
- You have developed your own set of values and beliefs but you also recognise other people have differing views – by being understanding about differences of opinion or views you might encounter, and talking about them, you will show leadership about how to respect differences.
- Keep young people informed about local issues whether it is the environment, social issues, education and employment – knowledge is power to all people.
- You have set and reached personal and professional goals. Think about how you went about this and what skills and tools you used along the way.