



# Pathways to Volunteering Course content

## Session 1

Overview of volunteering - what is volunteering, types of volunteering, why do people volunteer, benefits of volunteering & expectations.  
Identifying and overcoming barriers, goals and goal setting, confidence building and team work exercises.

Time commitment: 2-4 hours

## Session 2

Overview of volunteer placement service options and choosing the placement  
Getting ready to go on placement, induction training, confidentiality, keeping yourself safe, boundaries, health and safety.

Time commitment: 2-4 hours

## Placement

Supported placement with partner agencies

Time commitment: Varied, to suit participant and placement agency

## Review & reflection session

Looking at the impact of the placement, what has the participant gained from the experience, what has the agency gained, what skills were used and learned.

Planning next moves and support to find ongoing volunteer roles. Feedback and evaluation of the course.

Completion of the course – celebration event and certificates

For further information or to sign up, please contact:  
[volunteering@westlothian.gov.uk](mailto:volunteering@westlothian.gov.uk)

# Pathways to Volunteering Course

Jim Walker Partnership Centre, Bathgate

## Interested in Volunteering?

The Pathways to Volunteering Course helps introduce you to the world of volunteering whilst supporting you into a volunteer placement with one of our partner organisations.

This course helps to identify and overcome any barriers that you may be experiencing, helps to identify and set goals as well as working on confidence building and team work exercises.

Whether you're looking to build confidence or gain new skills in a new area, there are a number of volunteer service options to choose from.

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