

## Develop YOUR Passion

WHAT IS MY PASSION?		VOLUNTEERING IDEAS	SKILLS...	EMPLOYMENT OR CAREERS
<b>A</b>	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>B</b>	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
<b>C</b>	Caring for People And 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
<b>D</b>	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
<b>E</b>	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
<b>F</b>	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
<b>G</b>	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
<b>H</b>	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
<b>I</b>	Creating and/or 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

[volunteerkw.ca](http://volunteerkw.ca)

Volunteering gives you experience to build your personal skills, resume and connections to your career! **Use this tool to help you identify YOUR skills and interests that connect you to your PASSION.** Visit the Volunteer Action Centre website for access to hundreds of current volunteer positions at local organizations.

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