Why did you choose to volunteer for Shaw Trust?

When I signed up with Shaw Trust I was looking for a volunteering role which would use the coaching skills that I was developing. So I was looking online through ‘do it’ and things like that and I found Shaw Trust. And at the time Nick was looking for people in West London and I live in North London so it worked out really well!

What is your role?

So I've been working for 5 years supporting people who've been out of employment for a long time, for all kinds of different reasons. And I've been supporting them in the job seeking, job application process. And although that can be pretty technical, there's always an element of whole person coaching and life coaching because it's how they feel about the process which is so important in whether they're going to be successful or not.

What impact do you hope to have?

Well yes, the impact I'm looking for really is that participants feel better about themselves and they can progress towards meaningful work. Nick knows from feedback he gets from participants directly and also via their support managers that, you know that, that's happening and that participants feel that they are taking steps in the right direction.

Would you recommend volunteering to others?

I would. If you're somebody who wants to use your skills in a purposeful way for the mutual benefit of yourself and other people then volunteering is a great way to do it.

[Music]