



Is a Volunteer Support Network Right for Me?

Welcome! You are curious whether a Volunteer Support Network is right for you? We've prepared some readiness questions to help you explore it further.

SECTION A

Please select "Yes" or "No" for the following questions:

- | | YES | NO |
|--|-----------------------|-----------------------|
| 1. Do you want a network to help you achieve your goals? | <input type="radio"/> | <input type="radio"/> |
| 2. Do you want a network to help you, as you support someone else? | <input type="radio"/> | <input type="radio"/> |
| 3. Are you able to accept that your network will contribute a few hours a month and not be involved with everything you do? | <input type="radio"/> | <input type="radio"/> |
| 4. Are you committed to attending one network meeting each month and one centre facilitator meeting each month, no matter what? | <input type="radio"/> | <input type="radio"/> |
| 5. Are you willing and able to fully participate in creating your network? | <input type="radio"/> | <input type="radio"/> |
| 6. I accept that I am accountable for my role in network success. | <input type="radio"/> | <input type="radio"/> |
| 7. I understand that to create a volunteer support network, I will complete an on-line, self-guided program and can work at my own pace. | <input type="radio"/> | <input type="radio"/> |
| 8. Will you allow people to do things for you to help you achieve your goal? | <input type="radio"/> | <input type="radio"/> |

SECTION B

Please select a number between 1 (extremely uncomfortable) and 5 (very comfortable):

1. How comfortable are you in a group of 5 to 8 people?

1 — 2 — 3 — 4 — 5

2. How comfortable are you with online, self-guided, self-paced learning?

1 — 2 — 3 — 4 — 5

3. How comfortable are you sharing parts of your life with others?

1 — 2 — 3 — 4 — 5

4. How comfortable do you think you will feel asking people to join your network?
Remember, you will not do this alone, your Facilitator will help.

1 — 2 — 3 — 4 — 5

5. Please rate how you feel about completing this online program.

1 — 2 — 3 — 4 — 5

6. When things don't go the way I want, I am:

1 — 2 — 3 — 4 — 5

SECTION C

Please fill in your answer in the space below each question:

1. What do you think a network can support you with?

2. When people share ideas and suggestions about your life and goals, how do you feel?

3. What are you most worried about in creating your own volunteer support network through an on-line, self-guided and self-paced program?

4. Do you feel this is a long-term or short-term option for you?

5. When it comes time to find your facilitator, we recommend asking at least one person to assist you. Can you think of 1 – 3 people that might be willing to help with you to find your facilitator?

SCORING

SECTION A

Give yourself 1 point for every Yes answer

SECTION B

Give yourself 1 point for every number.
(ex. if you circled a 2 give yourself 2 points)

SECTION C

Give yourself 1 point for every Yes answer

My Total Score Is:

Less than 14 points:

If your total score is less than 14 points, you may want to think about whether this is the right choice for you right now and what might be worrying you or preventing you from committing to it. Consider watching each of the 3 videos again before you decide.

Your score does not mean you can not register for How to Start Your Personal Volunteer Support Network. It is up to you. It is your choice.

Greater than 15 points:

If your total score is greater than 15, we believe you are ready to register for How to Start Your Personal Volunteer Support Network. You have a clear idea of how a network can help you and you are willing to take a leap of faith.

Visit www.realmfoundation.ca for more information.

REALM's on-line Network Development Program is a self-guided, work at your own pace option to learn the steps and skills needed to become the Centre of your own Personal Volunteer Support Network. Visit www.realmfoundation.ca for more information.

Don't forget to save this workbook to your personal device or print it so that you can access it any time you want!