THE INSTITUTE FOR HUMAN SERVICES, INC.

Volunteer: Living Healthy Peer Leader

Reporting Relationship: Reports to the SRHN Manager

General Summary of Volunteer Duties:
As a Living Healthy Peer Leader, you will facilitate workshops and support groups designed to help individuals manage chronic diseases and chronic pain. You will guide participants through evidence-based self-management techniques, encourage peer support and promote healthy lifestyle choices. This is a rewarding opportunity to empower others while contributing to community health.

Key Duties and Responsibilities:

1. Lead group sessions following a structured curriculum on chronic disease and chronic pain self-management.
2. Foster a supportive, inclusive, and engaging environment for participants.
3. Encourage participants to set realistic goals, track progress, and problem-solve challenges.
4. Share personal experiences as appropriate to provide encouragement and relatability.
5. Collaborate with program coordinators to ensure program effectiveness and participant satisfaction.
6. Maintain confidentiality and respect for all participants.

Required Qualifications:

- Personal experience with chronic disease or chronic pain (preferred but not required).
- Strong communication, interpersonal, and facilitation skills.
- Compassionate, patient, and empathetic demeanor.
- Commitment to attending training sessions and leading scheduled workshops.
- Ability to inspire and motivate peers toward healthier lifestyle choices.
- Valid driver's license and transportation
- May need to lift 10+ lbs

Benefits of Volunteering:

- Make a meaningful impact on the health and well-being of your community.
- Gain leadership, facilitation, and public speaking experience.
- Receive comprehensive training in chronic disease self-management.
- Build supportive connections with peers and program participants.
- Opportunity to be part of a recognized national or local health initiative.

Time Commitment:

- Completion of peer leader training program.
- Weekly or biweekly workshops, typically 1–2 hours per session, plus preparation time.