



Volunteer Skills Self-Assessment

Thank you for your interest in joining our team of volunteers at Heart & Stroke. Volunteers are the heart of the Foundation and we appreciate your interest in volunteering.

Please tell us a little bit about your experiences and skills that you would like to share with Heart & Stroke. While we may not be able to find opportunities for you to use all of your skills that you wish to share, we will do our best to match you to a role that best suits your interests and abilities. If there is a skill you have that you would like to share and it is not listed below, please let us know about it.

Office Administration			
Skill	Proficient	Novice	Not applicable
Typing			
Microsoft Word			
Microsoft Excel			
Microsoft PowerPoint			
Database Management			
Public speaking			
Health/medical expert			
Customer Service			
English- Verbal			
English- Written			
French- Verbal			
French- Written			
Telephone skills			
Assembling equipment			
Other: please tell us about this			

Interest

	Yes	No	Would like to develop
Meeting people			
Computer work			
Public speaking/teaching			
Political issues			
Committee member/Leadership			
Facilitating			
Advisor			
Coaching/mentoring			
Physical activity in a role			
Other: please tell us about this			

Certificate

	Yes include the expiry date	No
CPR		
Health professional		
Police clearance		
Driver's license		
Other: please tell us about this		

Is there anything you prefer not to do (related to the above questions)? _____

Is there anything else you would like to tell us? _____
