



Speakers Bureau Volunteer Job Description

MDABC is a site of Lookout Housing and Health Society that provides treatment, support, education, and hope of recovery for people living with a mood disorder or other mental illness.

Major Objective of MDABC Speakers Bureau

Reduce the stigma around mental health concerns by speaking to audiences about one's personal journey with a mood disorder or other mental illness.

Major Responsibilities

- Create a 15- minute speech
- Attend Speakers Bureau meetings at least once every three months to practice delivering speech and to receive feedback
- Sign up for speaking events by responding to email calls for volunteers
- Attend speaking events on time and prepared to deliver one's speech

Qualifications

- Ability to speak publicly about one's personal trials/successes
- Ability to create a speech
- Ability to use email communication with MDABC office
- Ability to attend events on time and be prepared
- Ability to accept feedback and make improvements to speech should the need arise
- Ability to attend at least one speakers' bureau meeting every three months (meetings held bi monthly during the early evening)

Training/Preparation

- Speakers Bureau meetings offer practice opportunities as well as offering feedback on speeches.
- All MDABC volunteers have opportunities to attend Volunteer Training Sessions as they arise.

Length of Commitment

- All MDABC volunteers are asked to make a one- year commitment to any volunteer position.