



MDABC Speakers Bureau Volunteer Job Description

The MDABC Psychiatric Clinic and Counselling and Wellness Centre is on West Pender Street in Downtown Vancouver. MDABC is a nonprofit organization that provides treatment, support, education, and hope of recovery for people living with a mood disorder or other mental illness. MDABC is a branch of Lookout Health and Housing Society.

Major Objective of MDABC Information 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 speeches and to receive feedback
- Sign up for speaking events by responding to email calls for volunteers
- Attend speaking events on time and be 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 the 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

Application

- Please complete the volunteer application form, which can be found on our website (mdabc.net)
- If you have questions about the training or the volunteer position itself, please email nicole.j@lookoutsociety.ca for more information