Volunteer Self Assessment

Thank you for your interest in volunteering with the Heart and Stroke Foundation of Ontario (HSFO)

By completing the following brief self assessment, you'll provide us with a profile of your skills, interests and preferences and help us determine what volunteer roles you might enjoy.

☐ **Yes, I authorize the Foundation to share the information in this application <u>internally</u> to assist in identifying a volunteer opportunity for me.**

Name: **Date:**

A. Skills / Abilities

Please check the **skills that apply to you** (up to TWO) and that you would **like to use** in a volunteer role

☐ Coaching/mentoring	☐ Presentation / speaking
☐ Consulting	☐ Problem-solving
☐ Customer service	☐ Program / project leadership
☐ Delegating	☐ Proofreading
☐ Facilitating	☐ Recruiting
☐ Motivating	☐ Sales
☐ Microsoft *Excel*	☐ Supervising
☐ Microsoft *Word*	☐ Training
☐ Microsoft *PowerPoint*	☐ Warehousing / packaging
☐ Negotiating	☐ Writing
☐ Organizing	☐ Other: _____
☐ Office management	☐ Other: _____
☐ Planning	

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B. Area of Expertise / Industry Knowledge

Please check the **categories (up to TWO)** in which you have the strongest functional knowledge (areas you're familiar with through hands-on work or volunteering).

☐ Accounting	☐ Media
☐ Advocacy / Government Relations	☐ Not-for-Profit
☐ Banking and Financial Services	☐ Pharmaceutical
☐ Communications	☐ Packaged Goods
☐ Education and Training	☐ Real Estate
☐ Health Services / Health Care	☐ Public Relations
☐ Human Resources and Employee Service	☐ Retail
☐ Information Technology	☐ Sales
☐ Law and Legal Services	☐ Travel and Hospitality
☐ Marketing and Advertising	☐ Other: _____

C. Defining Your Likes & Dislikes

With respect to volunteer **roles/tasks** and work **environment** (past or desired), describe your likes/dislikes

Likes	Dislikes

D. Is there anything else that's important for us to know?

Thank you for completing this self-assessment
Please return it to our office with your Volunteer Application Form and resume.