

## Volunteer Role Description: Yoga Instructor

Work Area	Catherine House Women’s Centre (CHWC)
Location	Inner City
Hours and days required per week	One hour per fortnight – On Saturday Mornings 10:30 – 11:30
Special conditions	Current DHS Disability Services Employment Screening Assessment
Role reports to	Women’s Centre Coordinator
Background	Catherine House understands the importance of exercise and yoga is beneficial in many ways including assisting clients to de-stress and relax by doing a range of stretches which includes breathing techniques.
Why we need you	To provide a safe and interesting program to develop the skills of clients in relaxation, physical and mental health through yoga exercises.
Upon arrival	Advise CHWC staff, collect keys and set up for Yoga
Dress Code	Comfortable clothing suitable for Yoga
Role Tasks	<ul style="list-style-type: none"> <li>• Provide Yoga instruction as per client capabilities</li> <li>• Good communication style. Calm and pleasant disposition; able to relate to all women without judgement</li> <li>• Experience working with women facing diverse challenges, who have vulnerabilities and may lack confidence and motivation initially</li> <li>• Has the ability to engage clients so that an enjoyable experience is had by all</li> <li>• Sees all women as having inherent potential and can build rapport with ease</li> <li>• Understands the importance of professional boundaries</li> <li>• Can follow procedures for situations that arise</li> <li>• Lay out Yoga mats and other equipment as necessary</li> <li>• Tidy up at end of session</li> <li>• Ensure WHS requirements are met</li> <li>• Provide any feedback or issues to the WC Coordinator</li> </ul>
Skills and experience required for the role	<ul style="list-style-type: none"> <li>• Professional qualifications and experience in teaching yoga</li> <li>• Who has experience in working with people from this sector</li> <li>• Who can work on site for 1.5hrs a fortnight</li> <li>• Who is patient and flexible</li> <li>• Ability to work sensitively and positively to support women in exercise</li> <li>• Who wants to volunteer</li> </ul>
Role ideally suits a person	<ul style="list-style-type: none"> <li>• Who has experience in running Yoga classes for women of all age groups from diverse backgrounds with varying fitness levels and health considerations</li> <li>• Who can work on site on a weekend</li> <li>• Who is able to communicate effectively</li> </ul>

	<ul style="list-style-type: none"> <li>• Who is patient and flexible</li> <li>• With a keen interest in assisting women to relax and de-stress</li> <li>• Who wants to volunteer</li> </ul>
Training requirements	<ul style="list-style-type: none"> <li>• Induction to Catherine House</li> <li>• WHS Induction</li> <li>• Mental health – briefing on how best to work with clients who experience challenges with their mental health (provided by Catherine House)</li> </ul>
Benefits for the volunteer	<ul style="list-style-type: none"> <li>• Is able to contribute to clients' wellbeing and confidence</li> <li>• Opportunity to understand the role of Catherine House and contribute to supporting women who are experiencing a period of homelessness</li> <li>• Opportunity to meet with many diverse groups of people</li> </ul>
For further information	Women's Centre Coordinator

I acknowledge that I have read, signed and been given a copy of the above Volunteer Role Description with Catherine House.

I hereby agree to abide by the terms and conditions stated above. I understand it will be reviewed every six months, or as required.

Volunteer .....

Signature .....

Date .....

*Louise Miller Frost*

Chief Executive Officer