

CoppaFeel! Education Speaker Volunteer FAQs

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How are talks organised?

We receive talk requests from venues all over the UK and match them with volunteers based on availability and location.

To match requests, we use **Timecounts**, an online platform where volunteers can browse and sign up for talks that fit their schedule. When a new talk request comes in, we notify:

- Volunteers who live up to an hour away (for in-person talks)
- All volunteers (for online talks)

I want to organise my own talks. Can I do that?

Yes! You know your community best, and we encourage volunteers to arrange their own talks. Just keep in mind our target audience (13+, with a focus on 18-24s).

I work Monday–Friday, 9am–5pm. Can I still volunteer with you?

Absolutely! Most talk requests are for weekdays between 8.30am – 4pm. If you work a 9–5 schedule, there will be fewer requests that fit your availability. That said, we have plenty of 9–5 volunteers who make the programme work for them. Here's how:

- **Delivering an online talk on their lunch break**—12–1 PM is a popular slot for businesses booking "lunch and learn" sessions.
- **Volunteering leave**—Some employers offer volunteer leave. If this is available, ask if it can be used in hourly increments instead of full or half days.
- **Organise your own talks**—Reach out to a local library, youth group, or Scout Group/Girlguiding Unit to organise an evening or weekend session.

How long is the commitment?

There's no fixed commitment, but we recommend trying the role for at least a year to let you find your feet. Once you're up and running, the recommended engagement is one talk every two months—that's six talks a year.

Do I need to create my own presentation?

Nope! We provide a pre-scripted 45-minute PowerPoint presentation covering CoppaFeel!'s key messages. There's space in the script and presentation for you to personalise it with your photos and story.

What training and support will I receive?

We don't expect you to feel 100% confident right away! This is a very unique public speaking role and we offer volunteers plenty of support, including:

- **Practice talks** with feedback from the team.
- **Opportunities to watch other volunteers** and learn from their approach.
- **Peer support** through our volunteer WhatsApp community and buddying up for first talks.
- **Volunteer Handbook and support guides** covering everything from using the volunteer Zoom account to claiming expenses.
- **A fun and interactive training day** (in London or online) where you'll:
 - Learn how to deliver a talk
 - Watch an experienced volunteer in action
 - Meet the CoppaFeel! team and fellow volunteers

How do you support volunteers' wellbeing?

This is a very unique public speaking role and supporting your **mental and physical wellbeing** while sharing your story is our top priority. As part of this, all our Education Speaker volunteers have access to our 'Storyteller Wellbeing' scheme. This includes:

- A **Wellbeing Resource booklet** packed with self-care tips for before, during, and after sharing your story.
- **1:1 and group coaching** with Alice May Purkiss, a wellbeing coach and alumni of our volunteer speaker programme.
- A **'no questions asked' policy**—if you ever need to cancel a talk because you're not feeling up to it, that's completely fine.
- The option to **share our founder Kris's story** instead of your own if you ever feel uncomfortable during a session.