

# FAQS



## What's a Company Ambassador?

Company Ambassadors are NatWest Group Grads and Apprentices helping CoppaFeel! spread our life-saving message to more young people at work.

## I don't know much about breast cancer. Can I still join?

Absolutely! You don't need to be an expert. We'll give you a digital toolkit with clear facts and talking points, so you'll feel confident chatting about CoppaFeel! and signposting people to trusted info.

## How much time will it take?

In total, the whole programme takes about one day of volunteering time spread over 12 weeks. Here's a rough breakdown:

### Learning and development

- Education Speaker talk – 60 mins (optional)
- Induction session – 40 mins
- Development session (public speaking) – 60 mins

### Peer support

- Mission #1 check-in – 30 mins
- Mission #2 check-in – 30 mins
- Mission #3 check-in & celebration – 30 mins

### Missions

- Mission #1: social media sharing – 20 mins
- Mission #2: shower sticker takeover – 2 hours
- Mission #3: lunch & learn presentation – 90 mins

## Do I have to complete the missions within the “live” dates?

Each of the three missions runs for four weeks, and you'll get your mission pack when it goes live. If you've got a busy period or some leave booked in, don't worry - there's flexibility to complete your missions later if needed.

## Can I do more than the three missions?

Yes, please do! You know your workplace best, so if you've got ideas, we'd love to hear them. We can help you plan extra awareness activities or fundraising events, or share ideas if you're stuck for inspiration.

## What happens at the induction session?

We'll give you a short intro to the programme and walk you through what to expect. You'll also get to meet other Ambassadors, share ideas, and leave feeling confident and ready to get started.

## What if I can't make the induction session?

No problem, you can still join the scheme. We'll share a short recording and arrange a quick 1:1 chat with one of our team to make sure you're up to speed. Everyone needs to attend an induction (live or as a catch-up) before starting the programme.

## I've changed my mind about volunteering. What should I do?

That's totally fine! Just email [volunteer@coppafeel.org](mailto:volunteer@coppafeel.org) to let us know, and we'll remove you from the list, no hard feelings.