

About You

HELLO



If you were to describe yourself, what are three words that come to mind?

What sparked your interest into becoming a Youth Reference Group member?



What are three strengths that you could bring to the Youth Reference Group? Include previous experiences if possible

What does mental health mean to you?



Being part of a Youth Reference Group involves hearing different opinions and perspectives, how would you go about **handling opinions** that may be different to yours?





How do you currently **manage** your responsibilities? This can include work, school, chores, sports or other activities.

What is your preferred mode of attendance for meetings?

- ☐ Face to Face (there will be snacks available) Video
- ☐ Conference Call (TEAMS)

Your Availability: _____

Parental Consent if under 18: _____

Signed:

Growth Plan

A growth plan helps us bring your vision to life during your time as a Youth Reference Group Member

What professional skills would you like to learn and further develop?

- ☐ Public speaking skills
- ☐ Social Media/Marketing skills
- ☐ Event management
- ☐ Learn Mental Health Literacy
- ☐ Writing minutes
- ☐ Workshop facilitation
- ☐ Fundraising
- ☐ Phone and email etiquette
- ☐ Collaboration skills within a health care setting



Other: _____

What are your current learning styles?

Tip: if unsure you can complete a Kolb's Learning Styles test online to see what your preference is!
https://intense-eu.info/wp-content/uploads/2017/11/Kolb_Questionnaire.pdf

How can we help you reach your goals?

E.g. Online training, supervision, etc.

Wellness Plan



This plan will help me stay healthy, connected and safe when things feel a little too much.

Signs that I am becoming unwell (physical, feelings, behaviours, thoughts)

What can I do if I am becoming unwell? This can include who your supports are, relaxation strategies, breath work and medical supports

What kind of support would you like from us?

Important numbers and contacts
