

POV Case Study

Headline: Through volunteering as a young person I have gained confidence

Before POV

I hadn't done any volunteering before.
In my spare time I play tennis and I'm an avid gamer

Because of POV ...

I have gained confidence in my own abilities to talk to other, its opened-up opportunities for me that I probably would not have had or even considered. Due to volunteering I have gone on to do the leader qualification and currently partaking in level 1 LTA assistant coaching.
I believe none of this would have been possible if I hadn't become a volunteer, it's allowed me to see skills and qualities within myself I hadn't seen or recognized before and that I am capable of more than I thought. By giving some of my spare time to help others I've experienced the enjoyment and pleasure of others having fun and learning new things, but for me it's so much more, it has led to personal growth, opportunity and improved my interpersonal skills.

Key outcomes and impact:

I'm volunteering at Retford tennis club, where I train and play. I help the lead coaches with the kids at summer camp who may not usually get the opportunity to play and learn tennis skills. For me I enjoyed coming to summer camp when I was younger, it gave me the opportunity to be outdoors and socialize with other outside of my circle and being part of that for others is a nice feeling.

Quote

Volunteering can benefit you far more than you can envision.

