SOUTH DERBYSHIRE
VOLUNTEER FORCE

Personal Development Plan

Volunteering for Personal, Health & Wellbeing Gains

A guided template to help you plan, reflect and grow.

About Me

Name	
Date started	
Supported by (if applicable)	

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Section 1 - Motivation & Starting Point

Why do I want to volunteer?	Where am I starting from?
Rank each of the following potential desired outcomes, using the following scale: 1 - Not at all, 2 - A little, 3 – Somewhat, 4 - Quite a lot, 5 - A great deal. **Reduce loneliness or isolation.** 1☐ 2☐ 3☐ 4☐ 5☐ **Improve my mental health and mood.** 1☐ 2☐ 3☐ 4☐ 5☐ **Build a stronger sense of purpose.** 1☐ 2☐ 3☐ 4☐ 5☐ **Gain structure and routine in my week.** 1☐ 2☐ 3☐ 4☐ 5☐ **Give back to my community**. 1☐ 2☐ 3☐ 4☐ 5☐ **Improve my physical activity levels.** 1☐ 2☐ 3☐ 4☐ 5☐ **Increase my confidence and self-esteem**. 1☐ 2☐ 3☐ 4☐ 5☐ **Develop new skills and knowledge.** 1☐ 2☐ 3☐ 4☐ 5☐ **Meet new people and expand my social network.** 1☐ 2☐ 3☐ 4☐ 5☐ **Strengthen communication and interpersonal skills.** 1☐ 2☐ 3☐ 4☐ 5☐ **Feel more connected to my local area and community.** 1☐ 2☐ 3☐ 4☐ 5☐ **Challenge myself and step outside my comfort zone.** 1☐ 2☐ 3☐ 4☐ 5☐ **Improve my sense of achievement and personal fulfilment**. 1☐ 2☐ 3☐ 4☐ 5☐ **Reduce stress by focusing on meaningful activities.** 1☐ 2☐ 3☐ 4☐ 5☐ **Support my long-term personal growth and resilience.** 1☐ 2☐ 3☐ 4☐ 5☐ **My own reason:** 1☐ 2☐ 3☐ 4☐ 5☐	**Time** available each week: Existing **skills** and **interests**: **Barriers** I may face (e.g. transport, caring, health): **Support** or **adjustments** I may need:

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Section 2 - Wellbeing Baseline

Before you start volunteering, rate how you feel right now across each area (circle or tick 1–5). Return to this table at each review point to see how things have changed.

Area	**1** Very low	**2** Low	**3** OK	**4** Good	**5** Very good
Overall mood	☐	☐	☐	☐	☐
Energy levels	☐	☐	☐	☐	☐
Sense of purpose	☐	☐	☐	☐	☐
Social connection	☐	☐	☐	☐	☐
Confidence	☐	☐	☐	☐	☐
Physical health	☐	☐	☐	☐	☐

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Section 3 - My Volunteering Goals

Use the SMART framework to set one goal for each area. Write in your own words — there are no right or wrong answers.

3A - Wellbeing Goal - How I want to feel	
Goal Statement *What do I want to achieve through volunteering?*	
Specific *What exactly will I do?*	
Measurable *How will I know I have achieved this?*	
Achievable *Is this realistic for me right now?*	
Relevant *Why does this matter to my health or wellbeing?*	
Time-bound *By when do I want to achieve this?*	
Progress check *Date / notes:*	

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3B - Social Goal - Connections I want to build	
Goal Statement *What do I want to achieve through volunteering?*	
Specific *What exactly will I do?*	
Measurable *How will I know I have achieved this?*	
Achievable *Is this realistic for me right now?*	
Relevant *Why does this matter to my health or wellbeing?*	
Time-bound *By when do I want to achieve this?*	
Progress check *Date / notes:*	

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3C - Personal Growth Goal - Skills or experiences I want to gain	
Goal Statement *What do I want to achieve through volunteering?*	
Specific *What exactly will I do?*	
Measurable *How will I know I have achieved this?*	
Achievable *Is this realistic for me right now?*	
Relevant *Why does this matter to my health or wellbeing?*	
Time-bound *By when do I want to achieve this?*	
Progress check *Date / notes:*	

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Section 4 - Finding the Right Volunteer Role

What type of volunteering suits me?

- ☐ Working directly with people.
- ☐ Behind the scenes / admin / events.
- ☐ Outdoors / physical activity.
- ☐ Creative or digital work.
- ☐ Befriending or telephone support.
- ☐ Environmental or conservation.
- ☐ Remote volunteering from home.

Other ideas:

How long am I looking to volunteer for?

- ☐ One-off Volunteer Days/Events/Projects
- ☐ Short-term Volunteering (<6 months)
- ☐ Long-term Volunteering (>6 months)

Where will I look?

- ☐ Local CVS or Volunteer Centre - https://www.volunteersouthderbyshire.org/.
- ☐ GoVo (National Database) - https://govo.org/.
- ☐ NHS Volunteering (National Database) - https://volunteering.england.nhs.uk/volunteer.
- ☐ Direct approach to a charity I care about.
- ☐ Local Authority Environmental Volunteering - https://www.southderbyshire.gov.uk/our-services/environment/protecting-the-environment/environmental-forum-and-volunteering/environmental-volunteering or https://www.southderbyshire.gov.uk/our-services/street-care/keep-south-derbyshire-tidy.
- ☐ Word of mouth and or community networks.

Organisation(s) I want to contact:

Section 5 — Skills & Development

Skills I hope to develop

- ☐ Communication and listening.
- ☐ Organisation and time management.
- ☐ Teamwork and collaboration.
- ☐ Leadership or coordination.
- ☐ Digital or admin skills.
- ☐ Empathy and active listening.
- ☐ Problem solving.
- ☐ Practical skills.

Others:

Training or support I may need

- ☐ Volunteer induction.
- ☐ Role-specific training from the organisation.
- ☐ DBS check (if working with vulnerable groups).
- ☐ Safeguarding awareness.
- ☐ Health & safety basics.
- ☐ Peer support or a buddy/mentor.
- ☐ Reasonable adjustments in place.

Notes:

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Section 6 - Staying Well While Volunteering

Volunteering should give you energy, not drain it. Use this section to plan how you will look after yourself.

Question	My notes
How will I know if I am doing too much? *Signs to watch for (e.g. fatigue, dread, loss of enjoyment)*	
What will I do if I need a break? *Plan for stepping back without guilt.*	
Who can I talk to if something feels difficult? *Name / role.*	
What boundaries will I set for myself? *E.g. hours per week, topics I will not cover.*	
What will I do to celebrate progress? *Small rewards or acknowledgements.*	

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Section 7 — Review & Reflection

Return to this section at 1 month, 3 months, and 6 months. Compare your wellbeing scores from Section 2, revisit your goals, and note what has changed.

	1 month	3 months	6 months
Date of Review			
Overall Wellbeing Score (from Section 2)			
Am I enjoying volunteering? (Yes/Mostly/Sometimes/No)			
What is going well?			
What feels difficult?			
Any changes to my goals?			
Next steps			

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My Notes & Reflections

Use this space for anything else you want to record — thoughts, feelings, memorable moments, or things you want to explore further.

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