



Trainer (Volunteer)

Position Overview

The Trainer Volunteer serves as a facilitator for Arms Stretched Wide trainings, helping deliver educational sessions focused on mental health awareness, relational care, and practical support skills. Trainer Volunteers guide participants through learning experiences that strengthen emotional well-being, healthy relationships, and community care. They represent the mission of Arms Stretched Wide by creating a safe, respectful, and engaging learning environment where participants can gain knowledge, skills, and confidence to support themselves and others.

Key Responsibilities

- Facilitate Arms Stretched Wide trainings and workshops on mental health and relational care topics.
- Follow the provided curriculum while creating an engaging and supportive learning environment.
- Encourage discussion, reflection, and practical application of training concepts.
- Model healthy communication, empathy, and relational care during trainings.
- Help ensure trainings remain welcoming, respectful, and psychologically safe for participants.
- Coordinate with the organization regarding scheduling, materials, and training logistics.
- Provide feedback to the organization about participant needs, questions, and training outcomes.
- Participate in trainer preparation or refresher sessions as needed.

Qualifications

- Strong communication and facilitation skills.
- Passion for supporting mental health, relational health, and community well-being.
- Comfortable speaking to groups and guiding discussions.

- Reliable and able to represent the organization positively and professionally.
- Willingness to follow established training curriculum and guidelines.

Preferred (but not required)

- Experience in teaching, facilitation, coaching, ministry, counseling, or training environments.
- Background or interest in mental health education, peer support, or relational care.
- Completion of Arms Stretched Wide training or trainer preparation program.
- Experience working with community groups, churches, schools, or nonprofits.

Benefits of Volunteering

- Help equip individuals and communities with tools for better mental health and relationships.
- Contribute to meaningful change in rural and underserved communities.
- Develop facilitation, leadership, and public speaking skills.
- Be part of a mission-driven team working to strengthen community well-being.