



## Detailed List of Volunteer Opportunities

### Messaging/Branding:

- Web design & maintenance
- App design & development
- Graphic design
- Marketing
- Public relations
- Social media (Facebook, Instagram and LinkedIn)
- Photography/Videography

### Executive Management/Board/Office Skills:

- Board Members
- Committee Members
- Strategic planning
- Board development and training
- HR support
- Legal advice
- Administrative support

### Staff development and training

- Yoga Instruction
- Guided Meditation
- Mindfulness training
- Retreat hosts (individual/group)
- Professional/personal mentors

### Logistical/Physical Work:

- Chefs/Cooks (meal planning, prep and delivery)
- Drivers
- Farm & garden educators
- Garden installation
- Carpentry/building

### Events

- Organizers
- Outreach/recruitment
- Speakers
- Breakout session mentors
- Conference logistics



### **Youth Instructor/Mentor Opportunities:**

- Arts and Crafts
- Yoga
- Meditation
- Mindfulness training
- Nutrition
- Holistic health
- Food & Fitness: Sustainable Choices
- Cooking for yourself for a better life
- Tree & plant identification
- Foraging & wild-crafting
- Conservation
- Field medicine and herbs that heal
- How to compost
- Organic vs. conventional farming: practices and implications
- Understanding our Food Supply
- Sustainable Food Systems
- Leadership Development: “what makes a leader?”
- Team building and teamwork
- Conflict Resolution
- The power of non-violence
- Communications
- Asset development
- Advocacy & civic engagement
- Resume development
- Financial literacy & money management
- STEM training
- Web design & development
- Graphic design
- Social media skills training
- Public Relations
- Marketing
- Business skills 101
- Innovations in Food Systems
- Insect protein: food of for the future?
- R&D for Sustainable Solutions
- Trailblazing: Leadership in Sustainability
- Anger management
- Community service for change
- Philanthropy: Investing in change you can believe in
- The power of small-scale giving
- Raising money for others

**If you have a skill that you think we might be interested in but don't see it on the list, please contact us and let us know what you have to offer!**

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