

Worksheet 2: Volunteering and Mentorship Opportunities

- 1. What skills or knowledge would you like to share with younger generations?**

- 2. Have you ever volunteered before? If so, what was your experience?**

- 3. How important is it for you to feel useful and valued?**

- 4. What kind of volunteer or mentorship activities interest you most?**

- 5. What support would you need to start volunteering?**
