



TERMS OF REFERENCE

Volunteer Facilitator – Wellness Workshop

Workshop Topic:	Health and Wellbeing: "Energise Your Day, Nourish Your Life"
Date:	1 st August 2025
Location:	Chiang Mai (place to be confirmed)
Duration:	A maximum delivery window of up to 4 hours, scheduled between 9:00 AM and 4:00 PM.

1. Background

At Child's Dream, we believe that small, mindful habits can lead to meaningful improvements in well-being. We are seeking a volunteer facilitator to deliver an interactive wellness workshop that equips staff with simple, practical strategies to boost daily energy, manage stress, improve posture, and integrate movement and healthy habits—even with limited time and no special equipment. The session is designed to be accessible, engaging, and actionable, helping participants feel better both at their desks and in their daily lives.

2. Purpose of the Workshop

The purpose of this session is to:

- Encourage staff to care for their physical and mental well-being in realistic, low-effort ways.
- Introduce practical tools for stress reduction, movement, and healthy eating.
- Empower participants to take small actions toward long-term health and balance.

3. Workshop Duration & Timing

- Maximum Time Allocation: Up to 4 hours including activities and discussion
- Timing: Scheduled between 9:00 AM and 4:00 PM, with core content ideally starting around 11:15 AM (to be confirmed)

4. **Workshop Objectives/Potential Content (To be discussed and agreed with the facilitator)**

- **Morning Wellness:** Teach quick, effective body-mind practices to set a positive tone for the day.
- **Stress Resilience:** Share practical tools to handle work/life pressures with calm and clarity.
- **Food for Energy and Health:** Discover affordable nutrition habits for better focus and sustained vitality
- **Posture & Ergonomics:** Raise awareness of sitting habits, posture, and small desk adjustments—no equipment needed.
- **Micro-Breaks & Movement: Demonstrate simple exercises to reduce the effects of prolonged sitting and boost energy throughout the day.**
- **Move More, Sit Less:** Create small but regular movement habits—no gym or gear needed
- **Sport & Physical Activity Awareness:** Understand the mental and physical benefits of sport and how to begin—even with 10 minutes a day
- **Inspire Action:** Motivate staff to adopt at least one small wellness habit post-workshop.

5. **Expected Outcomes**

Employees leave with:

- 1–2 immediately usable wellness tools (e.g., a breathing technique, a healthy snack idea).
- A personalised mini-goal (e.g., "I'll stretch for 3 mins every morning").

6. **Facilitator's Role**

The facilitator will:

- ✓ Design engaging, interactive content (slides, handouts, or digital takeaways).
- ✓ Lead activities (e.g., 5-minute mindfulness exercise, stress-relief demo).
- ✓ Encourage participation with polls, reflections, or partner discussions.
- ✓ Provide simple "try-this-today" actions (e.g., "Swap one sugary snack for fruit").

7. Volunteer Commitment:

- 6-8 hours (prep + delivery).

8. Required Qualifications

- Experience facilitating workshops or training sessions (wellness, HR, health, or related fields)
- Knowledge of stress management, movement, or health-promoting habits
- Ability to engage diverse participants in a warm, inclusive way
- No specific certification required; lived experience and passion welcome

9. Volunteer Benefits

- Opportunity to contribute to staff well-being and organisation
- Letter of appreciation or reference

10. Application Process

- Interested facilitators are invited to express interest by contacting Logan at logan@childsdream.org until 15th July 2025.
- Please briefly share your experience, topic ideas, or why you would like to contribute by email.