

Key skills for a Walk Leader



Where would you rate your current skill or knowledge level for each of the following?



1 = not confident or capable at all

5 = completely confident and capable

Good communication skills that make everyone feel welcome	1	2	3	4	5
Confident to deal with tricky situations on the walk	1	2	3	4	5
The ability to be flexible and adaptable	1	2	3	4	5
Knowing your limits and leading walks within your capabilities	1	2	3	4	5
Basic first aid or knowing how to use your first aid kit	1	2	3	4	5
Ability to ask for help if you need it	1	2	3	4	5
Share your love of walking and the area	1	2	3	4	5



Thinking about each question, what might help you improve this score?



For example, is this something that training or practice can help with? Who might be able to support you in developing this skill?

If you scored a question highly, what is it you do that makes you confident in this skill? How could you help someone else improve this skill?