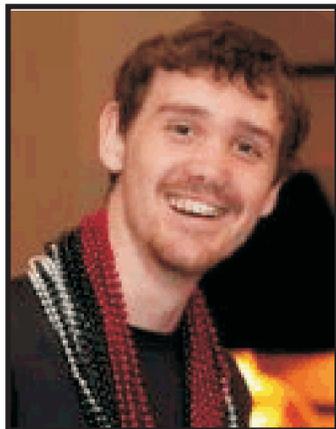




Volunteer Profile: Caleb Sheehan “Giving back to others”

...continued from newsletter



Caleb Sheehan

AboutFace has staff; a dedicated number of members, other businesses which show tremendous support during events such as the 'Leap of Faith' or 'Golf Classic' but it could not have the same influence on the community if it were not for its volunteers.

Amanda Lizon, was awarded the 'Betty Bednar Volunteer Service Award' and Dr. John O'Keefe received the 'Dr. Richard Ten Cate Professional Community Service Award'

Since AboutFace is tended to by a variety of volunteers, awards are sparing. There are still several volunteers who put in a large amount of effort that rarely gets noticed. One example is Caleb Sheehan, who has volunteered since 2005.

“If my experiences could help someone else, even one person, then I would do all I could to help them.”

As a volunteer much of the work done to help others in turn helps the volunteer him or herself. Caleb has gained a lot of personal growth and learned a lot from his time as a volunteer.

“Most definitely through volunteering I have met so many amazing people, and I think I have helped them as much as they have helped I've grown so much in my self-confidence and acceptance of myself and the way I am and my biggest motivation in volunteering is giving back to others what has been given to me. “

The only deterrent to Caleb's quantity of volunteer hours is his distance from AboutFace's office in Toronto.

“As it is, I live an hour and a half (public transit) away, and often can't offer my help every time I would like to. I have decided however, I will be participating in the Leap of Faith event.”

Caleb's time with AboutFace has made it possible for him to feel so comfortable and confident about many aspects of life, including the leap of faith.

“It will be quite scary jumping out of a plane, but for AboutFace it is definitely worth it, and I think it also shows how much I've grown through at the beginning I was so scared to even get on the bus to go to camp”

For Caleb, as well as being influenced on a personal level, his involvement has also impacted his future goals.



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“I would say so I would like to be a teacher when I am done schooling, and AboutFace has not only given me the confidence to pursue this, but it has also shown me that even just one person who cares can make a huge difference to someone, and as a teacher, I could do this with my students.”

Caleb muses that he'd take a lot of what he's learned from AboutFace and would apply it to his students, in much the same way his mentors did for him.

“By caring about them, I can enrich their life experience and give them the confidence to pursue their goals just like AboutFace and the wonderful people associated with it have done for me”.