



Outdoor Mindset

Meetup Ambassador Role

Overview

Outdoor Mindset is building a community for adults affected by neurological challenges through connection with each other and the outdoors. The Meetup Ambassador is a volunteer role critical to building and sustaining local Outdoor Mindset communities! Ambassadors are passionate volunteer advocates who organize and host meetups to bring people together for outdoor experiences, promote the Outdoor Mindset mission, and create inclusive, supportive environments.

What is a Meetup?

A meetup is an in-person gathering organized by an Outdoor Mindset Ambassador to connect people through shared outdoor experiences. These events promote mental and physical well-being by encouraging movement in nature, meaningful conversation, and a sense of belonging.

We keep things simple by welcoming and providing adults with neurological challenges a space to be seen, heard, and belong in the outdoors. We ask community members to simply show up—often no technical skills are required, no big outdoor objective to be tackled—just the goal of being outside in green spaces, breathing the fresh air together. Think support group with Mother Nature as the facilitator!

Example meetups include:

- Casual recreation path walk or hike
- Potluck in the park
- Nature museum visit
- Holiday party
- Yoga outside
- Bird watching
- And more!

Meetups are designed to serve the Outdoor Mindset community—adults with neurological challenges, their families, friends, and healthcare providers!

The most common neurological challenges we see are: Traumatic Brain Injury (TBI), Epilepsy, Multiple Sclerosis (MS), and Stroke.

Key Ambassador Responsibilities

- **Meetup Planning and Hosting:** Organize and lead outdoor meetups (e.g., hikes, walks, group activities) that align with Outdoor Mindset's mission of promoting well-being through nature and community.
 - Select safe, accessible locations and activities suitable for varying skill levels.
 - Submit meetup listings to Outdoor Mindset
 - Ensure events adhere to safety guidelines
 - **Ambassadors are expected to host a minimum of one in-person meetup every other month (every 8 weeks).**
 - Additional meetups are encouraged based on community interest and Ambassador capacity!
- **Community Engagement:** Foster a welcoming and inclusive environment during meetups, encouraging participants to connect and share experiences.
 - Facilitate introductions and group discussions to build community.
 - Promote Outdoor Mindset's values of resilience, connection, and mental health advocacy.
- **Promotion:** Actively promote meetups to attract participants.
 - Share events through local channels (e.g., social media, community boards, word-of-mouth).
 - Collaborate with the OM leadership to leverage Outdoor Mindset's platforms for broader reach.
- **Feedback Collection:** Gather participant feedback post-meetup to improve future events and report insights to the OM team.
 - Use provided templates or surveys to collect feedback.
 - Share success stories, challenges, and suggestions with the OM team.

Expectations for Communication

- **With Participants:**
 - Respond promptly to participant inquiries (within 48 hours) via email, meetup platforms, or other designated channels.
 - Provide clear pre-event communication (e.g., reminders, weather updates, safety info).
 - Follow up post-event to thank attendees and share feedback opportunities.
- **With OM Team:**
 - Submit event plans to the OM team at least 3 weeks in advance for approval and promotion.
 - Provide a brief post-event report (e.g., attendance, feedback, highlights) within 1 week.
 - Attend bi-monthly virtual check-ins with the OM team to discuss progress and support needs.
 - Use provided communication tools (e.g., Slack, email) for updates and collaboration.

Support from the Outdoor Mindset Team

The Outdoor Mindset team is ready to support Ambassadors by providing:

- ➔ Access to an Ambassador Toolkit, including event planning guides, safety protocols, and promotional templates.
- ➔ Branded materials (e.g., digital banners, flyers) for event promotion.
- ➔ Access to OM's online platforms for event listings and community outreach.
- ➔ Virtual training session covering event planning basics and safety guidelines.
- ➔ Access to basic outdoor safety and first aid resources (e.g., online modules or recommended courses).
- ➔ A dedicated team contact for event planning guidance and issue resolution.
- ➔ Bi-monthly check-ins with the Ambassador team.

Who Makes A Good Ambassador?

Ambassadors come from all different backgrounds. We are especially looking for people with:

- Passion for outdoor activities and creating an inclusive space for people with neurological challenges.
- Strong organizational and communication skills.
- Ability to create welcoming environments.
- Reliable access to communication tools (e.g., email, internet).
- Commitment to Outdoor Mindset's mission and values.
- Someone who can commit to volunteering for two years.

Note, to be an Ambassador, you do not need to have a neurological diagnosis.

The Application Process

STEP 1: Review our Meetup Ambassador role description. Are you pumped about it? Carry on to Step 2!

STEP 2: [Apply to be an Ambassador here](#). Applications are due July 28th, 2025. If you have questions, contact us at connect@outdoormindset.org.

STEP 3: You will be contacted for a brief interview. Interviews will be no more than 30 minutes!

STEP 4: New Ambassadors will be notified and announced by August 8th, 2025. We are excited to work with you!

STEP 5: Onboarding and awesomeness begin! Ambassadors will complete a background check, be provided training, resources, and tools they need to kick-start their community building.