



## Six Degrees Work Exchange Application

Thank you for your interest in the work exchange program! The exchange component of this program is key to a sustainable team of workers at Six Degrees. We therefore ask applicants to have some experience with acupuncture as a client when they apply, in order to experience the value of our work exchange program. If you haven't tried acupuncture before, please consider booking a treatment at Six Degrees before applying for any position. This is not mandatory, but we do want you to get a sense of what the exchange might offer you before applying for the program, so that you could make an informed decision about whether this is the right fit for you.

This application is extensive and will take up to 30-40 minutes to complete. The information you provide would help support us with the screening process with the resources that we have. You are welcome to go through the full list of questions in this document first before answering them on [the online form](#). If you need assistance or accommodation with completing this application please let us know at [info@sixdegreeshealth.ca](mailto:info@sixdegreeshealth.ca) or give us a call at 416.866.8484.

### Section 1: Basic Information

- 1. Full Name / Preferred Name**
- 2. Pronoun**
- 3. Phone number**
- 4. Which part of town do you live in and how would you commute to Six Degrees if your application is accepted?**
- 5. Which position are you applying for?**

*Please read through this page first for details about each position:*

<http://sixdegreeshealth.ca/work-exchange-program/>

- 6. If you are applying for the Front Desk Receptionist/ Office Assistant position, please check all times you are available for a regular weekly shift that you could commit to for 6-12 months.**

The shifts listed below are what we are currently looking to fill. If you are available at other times, please indicate your availability in "Other" and we will get in touch if/when our need matches with your availability.

- + Monday 9:30am -1:30pm
- + Tuesday 9:30am -1:30pm
- + Thursday 1-5pm
- + Thursday 4:30-8:30pm

- 7. If you are applying for the Flyering or Graphic Design positions, please let us know your general availability, based on the hours of 2-4 hours per week.**

- 8. How long can you commit to this position for as a regular weekly shift?**

*We ask for a minimum of 6-12 months commitment. Please consider whether your current life plan would allow you to commit before applying.*

- 9. When can you start such commitment?**

## Section 2: Experience and Skills

- 1. Have you volunteered / participated in other work exchange program before? Tell us a bit about your experience.**

- 2. Tell us about your customer service experience, if any.**

*What type of customer service have you done before and in what kind of setting? What were the parts that you enjoyed and what didn't you enjoy?*

- 3. What do you think is the key to customer service at Six Degrees as a holistic health centre that works within an anti-oppressive framework?**

- 4. What are the other work experiences that you think might be relevant to the position that you are applying for?**

*Please provide name of employer, employment period, position, and brief description of responsibilities*

- 5. What is your experience like with computers, iPads, and Google Apps?**

*Please let us know how often do you use these devices/apps, and in what settings (personal, work etc.).*

**6. How would you describe your communication style?**

*For folks who are applying for the Front Desk Receptionist/ Office Assistant position, please also describe your experience with answering phone calls, replying to email inquiries, and in-person questions in a work context, if this is not already mentioned above.*

**7. What is your preferred way of receiving constructive feedback?**

*This will help us accommodate the needs of different workers and for us to work better as a team! Please be as honest as you feel comfortable. This could be something like "I prefer receiving feedback by email with a follow up meeting.", "It's easier for me to hear feedback if it's offered in person.", "I like getting feedback in the moment." or "I prefer getting feedback at a designated time for review and evaluation." etc.*

**8. Is there anything you would like to learn or achieve by participating in the work exchange program at Six Degrees, in addition to receiving acupuncture treatments?**

### Section 3: Experience with TCM and acupuncture

- 1. What is your relationship with Traditional Chinese Medicine, holistic health, non-western health care, or other alternative health practices, if you have any experience?**
- 2. What is your experience receiving acupuncture specifically?**
- 3. The acupuncture treatments that you will be getting need to be claimed within each month. Do you think you will be able to make time to receive treatments regularly in order to use these monthly quota that expires each month?**

### Section 4: Others

- 1. Emergency Contact (Name, relationship, and phone number)**
- 2. How did you find out about Six Degrees?**
- 3. Do you have a CV/resume that we could reference? If yes, please email it to [info@sixdegreeshealth.ca](mailto:info@sixdegreeshealth.ca) after submitting this form.**