

Volunteering

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Introduction

We all like to help others and give back. Volunteering is a great way to achieve this goal. In this session, you will learn how to be the best volunteer you can be.

Target Audience

- EHC leaders and members
- Adult audiences
- Volunteer Groups

Objectives

- Gain understanding about volunteering.
- Learning what type of volunteer you are.
- Becoming a productive volunteer

Handouts

- PowerPoint Handout
- Leadership Compass
- Avoiding Burnout
- Evaluation

Suggestions for Teaching

- Review the lesson guide, PowerPoint, and handouts.
- Make copies of handouts.

Introduction

During this session, we will go over the reasons you should volunteer and how it can affect you. Helping others also helps us. It helps us mentally, physically, emotionally and gives us a sense of purpose. Finding your volunteering style will also help you achieve a positive outcome from volunteering. This lesson also recognized problems and finds solutions for volunteering.

Objectives

Understand why volunteering is important to you and the benefits volunteering has. Realize how you can change things in your club and organization. Learn to be a leader or find volunteering jobs that best suits your personality. If you have been volunteering for a long time find ways to fight burnout in yourself and others.

Why volunteer?

Becoming a volunteer is an essential tool in helping others during a time of need, giving back to the community, participating in a cause you believe in but the benefits can be great for you, the volunteer. Being a volunteer and giving back can help you reduce stress, fight depression, maintaining mental stability, and gives a sense of purpose. Volunteering is unique in the fact that you pick your hours. You can dedicate 40+ hours a week or 1. It all depends on you and what you choose to give. Giving back in the simplest ways can help others and improve your health and happiness.

Benefits of Volunteering

One of the benefits of becoming a valued volunteer is the impact you have on your community. Volunteering connects you to your community and helps make it a better place. Regardless of what you do in your community makes a difference in the lives of people, animals, and the organizations in need. Volunteering also benefits you and your family as much as you help others. You have the opportunity to make new friends, expand your network, and boost your social skills. Becoming a volunteer is a great way to connect with

others in your community and it helps you make new friends who are passionate about the same things.

Volunteering helps prevent the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a big effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering fights depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which helps protect you against depression.

Volunteering increases your self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older

volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better-thinking skills.

Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease

Volunteering Wisely

Look for causes that mean something to you. It could be a cause you already give to, and that might be a great place to start. Pick something that is important to you and others who feel passionate about the same cause.

Donating money is not the only way to give back. Volunteering time is always accepted. Try to incorporate aspects of things you like when you volunteer. Ask your county agent for volunteer opportunities that benefit them.

Leadership Compass

Look at the handouts titled Leadership Compass

These worksheets help you as a volunteer understand your strengths. Each of these leadership styles helps create a well-versed volunteer group.

Problems and Solutions

Look at the handout titled Problems and Solutions

This worksheet is a great way to think/talk about positive experiences

This is also a great way to start a conversation in a club about problems and solutions in their clubs.

Things to think about:

- What motivates volunteers?
 - Praise
 - Achievement/Accomplishment
 - Affiliation
 - Power/Influence

- How do you recognize volunteers for good work?
- How well do you know your club members in their volunteering?
- What type of recognition works best?

Burning Out

Look at the handout titled Avoiding Burnout.

Burnout is one of the biggest problems in volunteer organizations. Review the handout Avoiding Burnout, this should give help

Once you have figured out the volunteer burnout, it is time to focus on yourself. Make sure you do not fall victim to burnout. Try not to burn the candle at both ends, get sleep, exercise, once you are done with a task focus on something else. Preventing burnout is important for you and your organization.

Conclusion

- Decide why you are volunteering
- Picking your volunteering activity
- Your role in volunteering
- Realizing problems and finding solutions
- Avoiding Burnout

Evaluation

Please complete the evaluation

References and Helpful Links

<https://www.networkforgood.org/volunteer/volunteertips.aspx>

<http://artcenter.org/support/volunteer/qualities-look-volunteer/>

<https://blogs.volunteermatch.org/engagingvolunteers/2013/12/02/6-ways-nonprofits-can-prevent-volunteer-burnout/>

<https://hbr.org/2016/11/beating-burnout>

<https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>

<http://bonnernetwork.pbworks.com/f/BonCurLeadershipCompass.pdf>