

## **Avoiding Burnout**

### **Management**

Having events without enough volunteers, burnout is quick to become an issue. Burnout is also likely if you over-schedule volunteers. Too many volunteers with no real work is never a good thing. People who volunteer their time want to feel useful and if they do not feel useful/needed they will not stick around for long. When planning an event keep in mind who your volunteers are and what they can contribute.

### **Communication**

Show interest in your fellow volunteers lives. This does not mean having dinner with them each night, but it does open the door for honesty. Ask a few questions about friends, family, and hobbies, if your volunteers view you as approachable they are more likely to be honest about upcoming events. This helps you both when recruiting volunteers for events.

### **Recognition**

Everyone likes to be thanked for a job well done. It takes little time and effort to call, text, post on social media, etc. about a how great they did volunteering. Whatever you choose, make sure it is shows your gratitude and appreciation to others. This may inspire others to be positive in the future.

### **Responsibilities**

Switch things up in your club and as a volunteer. If you have done the same exact volunteering job for year's think of something else you'd like to do. Change can be positive and fun. Make sure you are happy when finding your niche in volunteering.

### **Volunteer Positions**

Think about what all volunteers do in your clubs, or in the whole organization. Is it repetitive task? Those volunteers might feel less needed than others. Create positions there the work fits the person and the mission of the organization. We all need to feel like we are doing something productive for a cause we are passionate about.