



VOLUNTEER – WHY NOT?

DOUG ALLEN, CRM, CDIA+
AND ACTUALLY RETIRED!



VOLUNTEER – WHY NOT?

Volunteering provides many benefits to both mental and physical health.

- Volunteering helps counteract the effects of stress, anger, and anxiety. ...
- Volunteering combats depression. ...
- Volunteering makes you happy. ...
- Volunteering increases self-confidence. ...
- Volunteering provides a sense of purpose.

VOLUNTEER – WHY NOT?



VOLUNTEER – WHY NOT?

- Connecting with Others
- Good for Mind and Body
- Advance Your Career
- Fun and Fulfillment

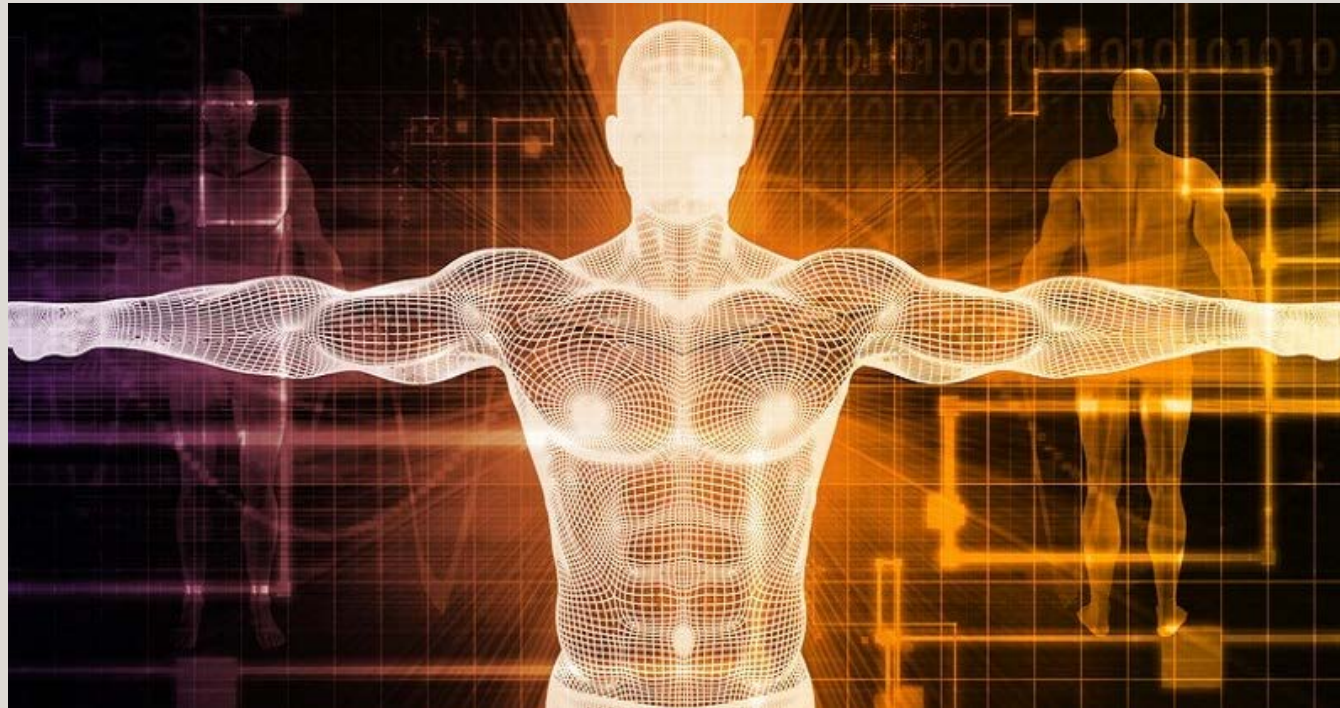
VOLUNTEER – WHY NOT?

- Benefit - Connecting with Others



BENEFITS OF VOLUNTEERING

- Benefit - Good for Mind and Body



VOLUNTEER – WHY NOT?

- **Benefit - Advance Your Career**



VOLUNTEER – WHY NOT?

- Benefit - Fun and Fulfillment



VOLUNTEER – WHY NOT?

- Where to Begin?



VOLUNTEER – WHY NOT?

- Where?
 - Programs?
 - Seminar?
 - Newsletter?
 - Special Activity – Event or Project?
 - Board of Directors?



VOLUNTEER – WHY NOT?

- What do I have to know?
- How much time to commit?
- For how long?
- How challenging?
- Who can help? Who will help?

VOLUNTEER – WHY NOT?

- How do I get started?

