VOLUNTEER – WHY NOT?

DOUG ALLEN, CRM, CDIA+
AND ACTUALLY RETIRED!
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?