



# Balancing Your Volunteer and Professional Passions

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Sigma Theta Tau International  
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# Learning Objectives

1. Learn how volunteer roles are important to your professional life.
2. Understand how to effectively prepare to take on a volunteer leadership position.
3. Recognize how to mentor, motivate, and recognize volunteers.



# Volunteer: Defined

"A person who of his own free will offers himself for a service or duty."

*(Mirriam-Webster Dictionary)*





# Volunteering Around the Globe

## Most Civically Engaged Countries

Across 130 countries



	Civic Engagement Index score	Donated money	Volunteered time	Helped a stranger
United States	60	65%	43%	73%
Ireland	60	75%	38%	65%
Australia	59	71%	36%	68%
New Zealand	57	63%	39%	69%
United Kingdom	57	79%	28%	63%
Netherlands	54	75%	37%	51%
Canada	54	62%	34%	65%
Sri Lanka	51	53%	46%	55%
Thailand*	50	83%	16%	52%
Hong Kong	49	73%	16%	59%

Country-level weights were applied to this analysis.

\*Data collected in 2009. All other data are from 2010.







# Volunteerism and Leadership: Making the Connection





# Reasons Leaders Should Volunteer

Expanded perspective  
Discovery of new talents  
Honed influence  
A larger network

*Why volunteering makes you a better leader*  
*Karin Hurt, Feb 2013, smarblogs.com*



# Volunteer? Yes!

## Overcommit? No!



1. If you don't have time, don't do it.
2. Ask if this is the right time in your life to do it.
3. Prioritize your talent, time and organizations.
4. Don't do it just because a friend is doing it.

*Adapted from "How to Know When Not to Volunteer"*  
[www.wikihow.com](http://www.wikihow.com)





# Before Volunteering

Ask questions before you sign on.

Compare the time commitment with your free time.

Assess the value of the volunteer role.

Recognize when to push back.

Regularly re-evaluate your commitments.

*Cindy Krischer Goodman*

*The Miami Herald, 2014*



# Selecting Organizations



Have passion

Believe in the mission

Quality work

Make a difference





# Homework

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Self-assessment

Areas of interest/expertise

Experience with organization

Gail knowledge and skills

Know the process



# Outcomes



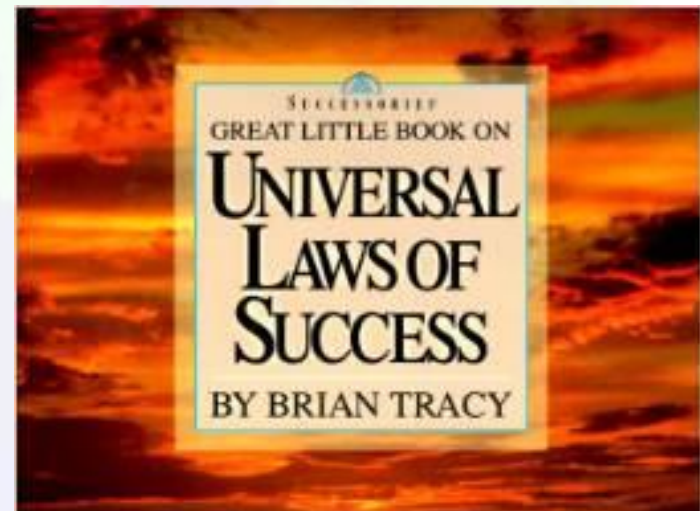
Contributing to the bigger picture  
Making a difference  
Personal and Professional growth





# *Great Little Book on Universal Laws of Success*

Author: Brian Tracy, 1997







# The Law of Relationships

The more people you know  
and who know you in a positive way,  
the luckier you will be.





# The Law of Service

Your rewards in life will be  
in direct proportion to the value  
of your service to others.





# Remembered in terms of

Significance  
Relationships  
Aspirations  
Courage



Kouzes, J. M. & Posner, B. Z. (2006). *A leader's legacy*. San Francisco, CA: Jossey-Bass



***“Life is like riding a bike.  
It is impossible to maintain your balance  
while standing still.”***

***- Linda Brakeall***



# Work Balance

Know your work style  
Know what is important  
Know your limitations

*B is for Balance  
S. Weinstein (2009)*





# Work Balance

Create designated work area at home

Become an efficiency expert

Right people with the right attitude

Make appointments with yourself

*B is for Balance*  
*S. Weinstein (2009)*



# Work/Life Balance

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Prioritize family time

Restore yourself

Track your time

Develop support systems

Use humor



# Ways to Stay Grounded

Spending time with family, friends

Getting regular physical exercise

Having spiritual practices

Doing community service

*True North: Discover Your Authentic Leadership*

*Bill George*



# Health Benefits of Laughter



Physiological

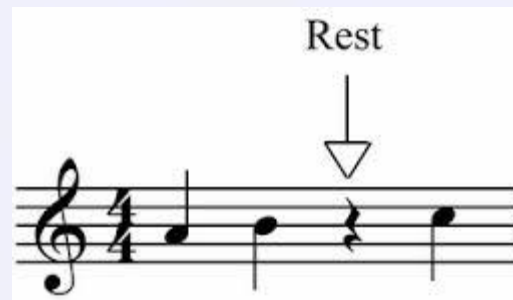
Psychological





# The Law of Energy

Your best ideas and most profound insights come after a period of rest and relaxation.







# Life Balance



Balance time  
Balance one's attitude

*B is for Balance*  
*S. Weinstein (2009)*





# The Law of Optimism

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A positive mental attitude is  
essential for success and  
happiness in every area of life.

*Whether you think you can, or think you can't,  
you're right.*

*- Henry Ford*



**“People who cannot find time recreation are obliged sooner or later to find time for illness.”**

*- John Wanamaker*

Who and what are available to help you?



Mentors, programs, literature



Healthy mentoring relationships  
are evolutionary rather than  
static in nature.







# Confidence

...provides a sense of security to others.

...justified confidence earns you the trust of others.

...protects you in situations of confrontation and challenge.





# Drive



Energy



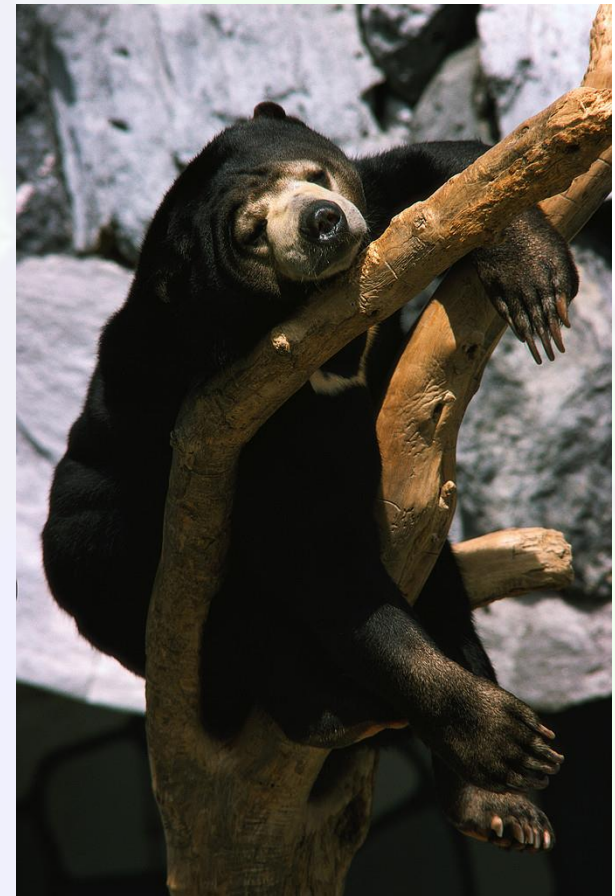
Health



Motivation



Self-starter and  
mover





# The Law of Flexibility

Be clear about your goals;  
be flexible about the process  
of achieving them.





# People



Willing and able

Willing and not able

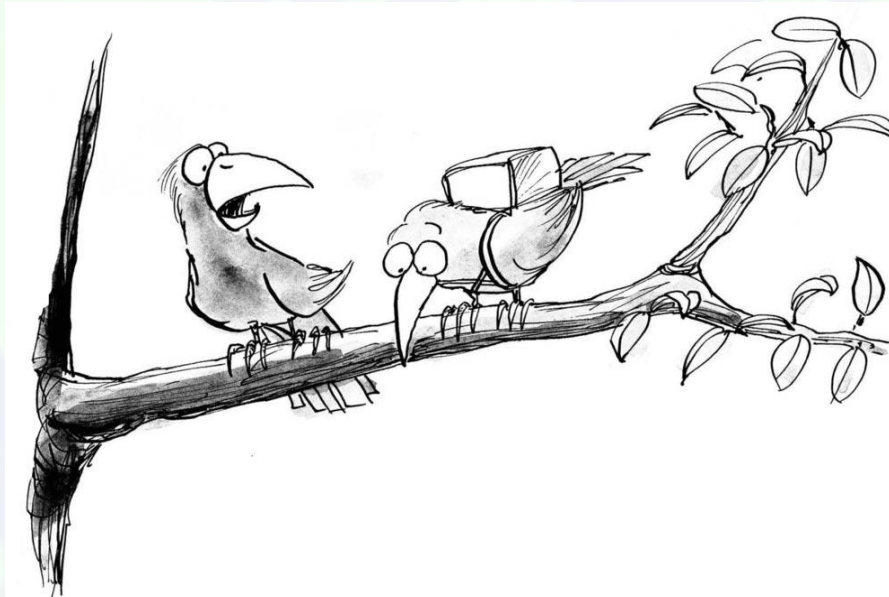
Very able and unwilling

Unwilling and unable





Trust must be developed for a mentoring relationship to be successful.



“Let’s try it without the parachute.”





Challenges lead to the  
development of new levels  
of expertise.








# The Law of Courage




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Failure is a prerequisite for great success.  
If you want to succeed faster,  
double your rate of failure.



*I've failed over and over and over again  
in my life. And that is why I succeed.*



*– Michael Jordan*





# The Law of Persistence

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Your ability to persist in the face of adversity, setbacks and disappointments is your measure of your belief in yourself.

The  
expert in  
anything  
was  
once a  
beginner.



## “Talent of Humility”

*“When we are humble, no experience is beneath us, no colleague is unworthy, no moment does not merit our full attention. We are willing to experience the entire situation directly and work with every detail.”*

*The Mindful Leader*  
*Michael Carroll*







# Global Community









# Mahatma Gandhi

Keep your thoughts positive – words

Keep your words positive – behaviors

Keep your behaviors positive – habits

Keep your habits positive – values

Keep your values positive – destiny



Be the best for the world:

Act with service and grace.



Make a contribution through action.