

Mindful Volunteering-One size does not fit all



Cristin Caine, Founder & CEO
of Charity Connect

Charity Connect is a nonprofit dedicated to increasing volunteerism.

Through individual consultations and workshops, we help people incorporate community service into their lives.

We succeed by building relationships with our clients (potential volunteers) and organizations that utilize volunteers.

Projected outcomes for today's workshop



Today we will discuss:

- The importance of mindfulness before, during and after volunteering
- A self inventory that can be used prior to searching for opportunities
- Examples of how personal and professional goals can be incorporated into volunteering
- The criteria for a good volunteer opportunity
- How to effectively communicate with nonprofits to reach your volunteer goals
- Examples of volunteer opportunities during Covid

Think of yourself before helping others

It is important to invest time in thinking about what you really want to do during your service and apply that to your search.

The right fit for you will enable you to give more naturally.



Reflect on your past service

Positive and negative experience can inform future choices



Questions to ask yourself before volunteering:

- Why do you want to volunteer?
- What causes are important to you? Who do you want to help?
- Is it important for you to interact with the people you serve, or are you happy to support them without interaction?
- Which skills do you want to use?
- Which skills do you want to learn?
- What do you NOT want to do as part of your volunteering?



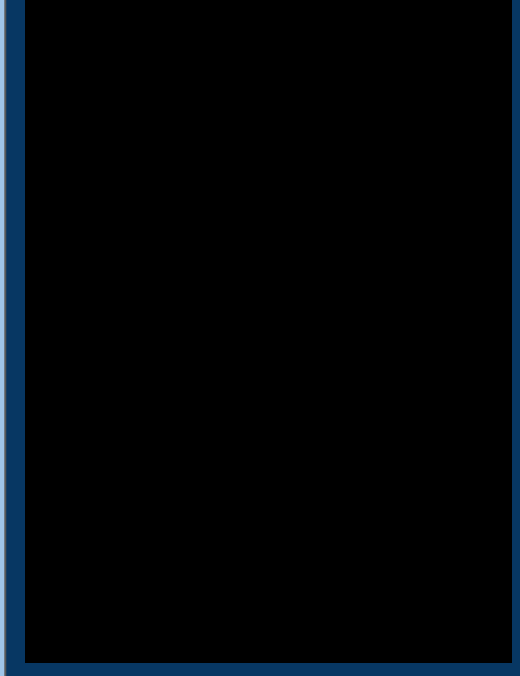
Volunteering to attain professional goals

Explore a new field

Gain experience

Make connections

Learn new skills



Incorporating personal goals

To be active

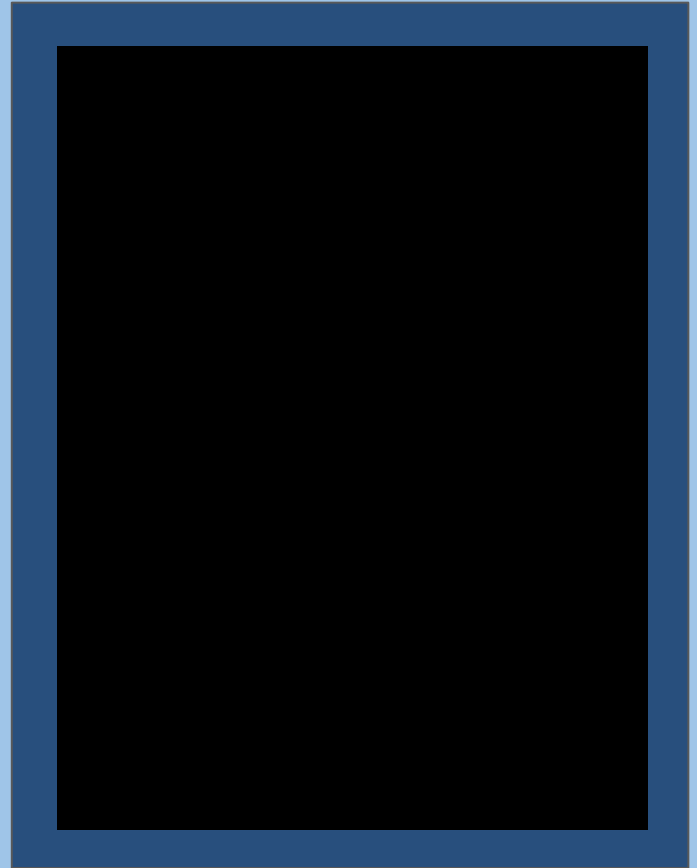
To be social

To spend time with a different generation

To combine hobby time with service time

To spend purposeful time with
friends/family

To try something new/discover more about
yourself



Our end goal-volunteers feeling a part of the “we”



I REALLY FEEL LIKE I'M MAKING A DIFFERENCE. ONCE I GOT A CALL FROM A MOM WHO SAID SHE HAD NOTHING TO FEED HER KIDS. SHE CAME IN AND WE HELPED HER. THIS IS WHAT WE DO.

- GABBIE



What to expect of your volunteer time

There is enough work for you to do, right away

You can understand your impact; how what you are doing is contributing to the mission

The task fits the time you are offering

The task fits your skills and abilities

You have everything you need to do the work

You feel part of the community



Be realistic about your parameters

Time availability

- Once a quarter? Once a month?
Once a week?
- How many hours at a time?
- What is the best day for you to volunteer?

Geographic preference

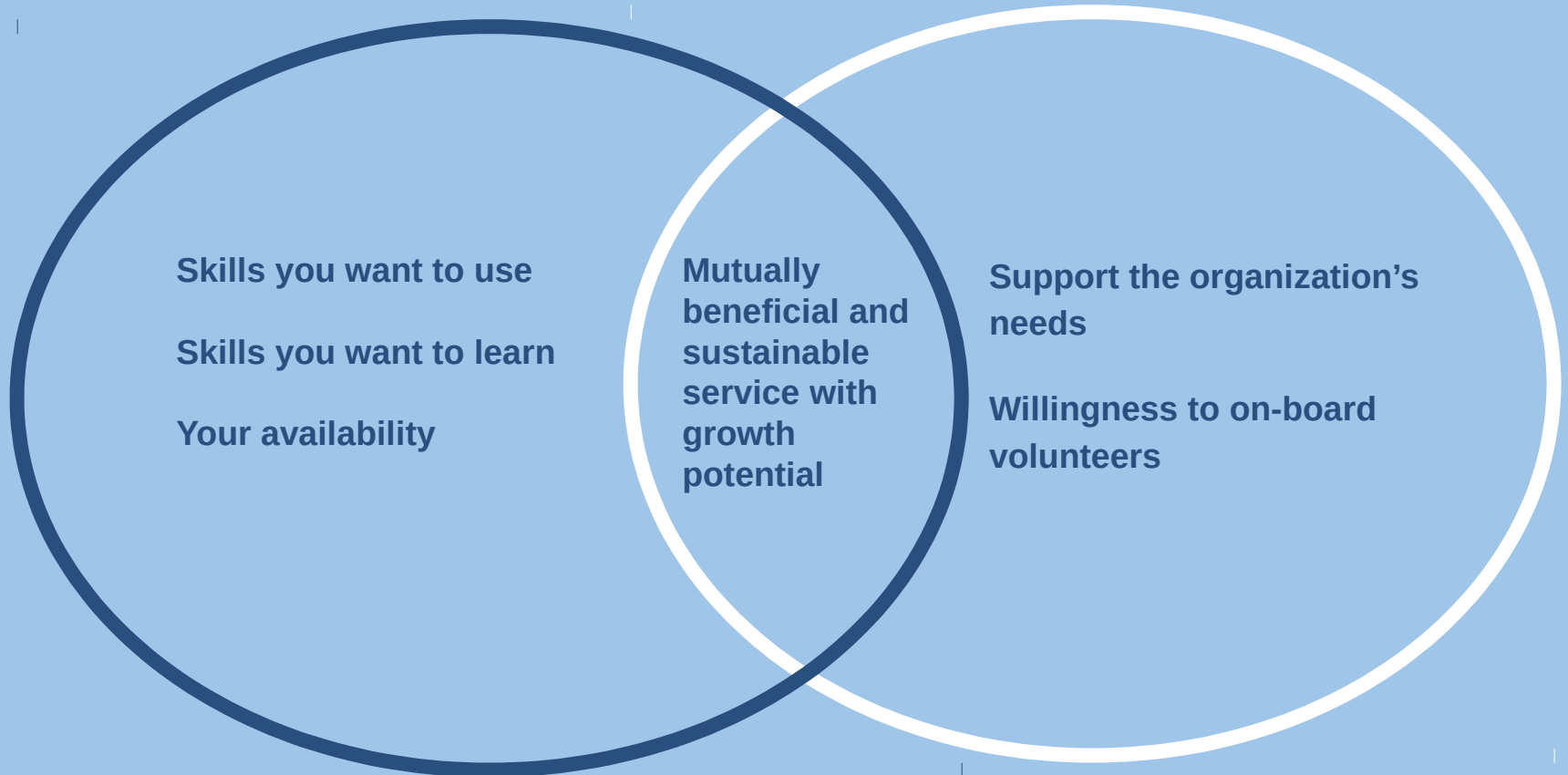
Parking situation

Start Small-research shows 2-3 hours a week is plenty

Evaluate as you go-what's working and what's not working?

Finding the perfect fit may require some "charity shopping"

Communication with the nonprofit



Volunteering during Covid

Virtual

- Teaching
- Mentoring
- Job preparedness (mock interviews, resume review)
- Skills lesson (cooking, exercise, technology, basic finance)
- Crisis line counselor
- Friendly caller
- Meal preparation

In person

- Food/basic needs distribution
- Food/basic needs transportation
- Giving animals a ride/fostering animals
- Facilitate a collection for in-kind donations
- Environmental clean up/weed removal

SERVICE FROM HOME

MONDAY Send a "no need to respond" thank you to a teacher you know 	TUESDAY Lead a collection in your neighborhood of no longer needed art supplies to donate 	WEDNESDAY Write a letter to a survivor @ALetterForYou 	THURSDAY Plant trees when you search with Ecosia 
FRIDAY Like the Facebook pages of nonprofits and businesses you support 	SATURDAY Make a gratitude list and put in on the fridge 	SUNDAY Let us know how you served this week 	NOTES We are here to help! 

SERVICE FROM HOME

MONDAY Make a thank you card for your garbage/recycling workers 	TUESDAY Lead a collection in your neighborhood of bras for I Support the Girls 	WEDNESDAY Make a plan to volunteer virtually with Charity Connect 	THURSDAY Text/email someone a heartfelt compliment 
FRIDAY Make a 30 second or less video to thank a healthcare worker, Email to submissions@30secondthankyou.com 	SATURDAY Clean out your garage and set aside sports equipment to donate 	SUNDAY Let us know how you served this week 	NOTES 

Volunteer Connection Service-finding your “right fit”



Our client, Deb, receives the volunteer of the year award.

Our Volunteer Connection service includes:

- an initial consultation to determine our clients interests, goals, and availability
- suggested volunteer opportunities
- facilitation with the chosen nonprofit.

This service has a \$100 flat fee. We are a volunteer-run nonprofit and all fees support our mission to engage more volunteers.

Thank you!

I appreciate your time and your willingness to mindfully increase your service

Learn more at www.charityconnect.us

We would love your support as we strive to engage more people in meaningful and sustainable volunteering.

Please Like our [Facebook page](#) @charityconnect.impact and follow our Instagram account @charity_connect.

Please keep in touch and share any feedback you have.

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