



Family Volunteer DAY

November 21, 2009 is National Family Volunteer Day

National Family Volunteer Day is designed to show the benefits of families working together, to introduce community service, and to encourage those who have not yet made the commitment to volunteer as a family. Volunteering as a family provides quality time, strengthens communication, and provides opportunities for family members to be role models, while making significant contributions to their communities.

Here are some reasons to volunteer:

Learn or develop a new skill

Volunteering is the perfect vehicle to discover something you are really good at and develop a new skill. It is never too late to learn new skills and no reason why you should stop adding to your knowledge just because you are in employment or have finished education.

Be part of your community

Communities are suffering due to the growth of secular societies but at the same time we can really bridge that expanding gap through volunteering. Volunteering is ultimately about helping others and having an impact on people's wellbeing. What better way is there to connect with your community and give a little back?

Motivation and sense of achievement

Volunteers predominantly express a sense of achievement and motivation, and this is ultimately generated from your desire and enthusiasm to help. It may be true that no one person can solve all the world's problems, but what you can do is make that little corner of the world where you live just that little bit better.

New interests and hobbies

Sometimes we do get locked into the "rat-race" of life and volunteering can give that escape to everyday routine and create a balance in our lives. Finding new interests and hobbies through volunteering can be fun, relaxing and energizing.

New experiences

Volunteering is a brilliant way to get life experience. Whether you build a library or mail flyers to raise awareness for a local charity, you will experience the real world through hands-on work.

Meeting a diverse range of people

Volunteering brings together a diverse range of people from all backgrounds and walks of life. Both the recipients of your volunteer efforts and your co-workers can be a rich source of inspiration and an excellent way to develop your interpersonal skills. Volunteering also offers an incredible networking opportunity. Not only will you develop lasting personal and professional relationships but it is also a great way to learn about people from all walks of life, different environments, and new industries. Networking is an exciting benefit of volunteering and you can never tell who you will meet or what new information you will learn and what impact this could have on your life.

Send a signal to your employer, teachers, friends and family...

People pay attention to your life outside the environment in which they have direct contact with you. For example, your employer would be interested in the activities that gives you a good work-life balance, just as academic institutions are interested in your extra-curricular activities. Volunteering reflects and supports a complete picture of you, and gives real examples of your commitment, dedication and interests. Show people what you are passionate about and maybe you will

Source: www.worldvolunteerweb.org

Courtesy of Wellness Proposals