

# 10 Great Reasons to Volunteer

## **Help Save Resources**

Volunteering helps not-for-profits save on time, cost and labour allowing more resources to be channelled into meeting the urgent needs of the people who use their services.

## **Learn Something New**

As a volunteer you will have a unique opportunity to experience first-hand how work in the community & voluntary sector is conducted i.e. what structures, policies and attitudes inform the work of people and services responding to community needs.

## **Raise Awareness of the Work You Do**

Volunteering is an opportunity to raise awareness of your company and the important work that you do. It allows you to connect 'across sectors' and see how your professional work is of value to the wider community.

## **Inspire Others**

Your energy and enthusiasm will inspire team-mates, community workers and service-users. For example, volunteers who work with disadvantaged youths often act as positive role models inspiring young people to strive for their personal best.

## **Discover Hidden Talents**

Volunteering gives you access to new experiences, approaches and ways of interacting with others. You may discover a new passion or develop a long-term interest in a worthy cause.

## **Increase your Personal Health**

Volunteering is good for you. Experts report that when you focus on someone other than yourself, it interrupts tension producing patterns and increases physical and mental health. Company volunteers report feelings of improved wellbeing and self-esteem.

## **Build New Relationships**

Volunteers have a valuable opportunity to meet and form relationships with community workers, service-users and the people whose lives are being benefitted by volunteerism.

## **Strengthen Existing Relationships**

Working as part of a team on a project outside your ordinary work routine allows you to connect in a new, fun way with your colleagues. Volunteer experiences build camaraderie and form meaningful and memorable experiences.

## **Have Fun**

Volunteering is a relaxed, non-pressurised and creative alternative to an ordinary work day!

## **Make a Difference**

Volunteering impacts on the community in a way that changes lives for the better. Your contribution will improve the lives of both individuals and the wider community.