Why Volunteer?

"With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health.

Volunteering impacts the community. One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference. And volunteering is a two-way street: It can benefit you and your family as much as the community. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Volunteering increases self-confidence. Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and purpose in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering combats depression. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times.

Volunteering can advance your career. If you're considering a new career, volunteering can help you get experience in your area of interest and meet people in the field. Even if you're not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you've honed these skills in a volunteer position first.

Volunteering can provide career experience. Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. Your volunteer work might also expose you to professional organizations or internships that could be of benefit to your career.

Volunteering can teach you valuable job skills. Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training. Volunteering can also help you build upon skills you already have and use them to benefit the greater community."

“Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

Many people volunteer in order to make time for hobbies outside of work as well.

Consider your goals and interests when volunteering. You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Start by thinking about why you want to volunteer. Also think about what you would enjoy doing. Volunteer opportunities that match both your goals and your interests are most likely to be fun and fulfilling for you.”

“The most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude.”

What’s Available?

- Board Positions
- Committee Positions
- 1-year terms (or more)
- Casual/On-demand
- Food Service
- Hockey
- Soccer
- Basketball
- Special Events
- Gardeners
- Seasonal
- Repairs & Maintenance
- Advertising
- Fundraising
- Expansion Committee

Every little bit helps! Experience the benefits for yourself today!

Go to:
www.WhyteRidge.ca/wp/volunteer-opportunities/
or use:

All excerpts taken from HelpGuide.org

Volunteering at:

Whyte Ridge Community Centre

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