

Top 10 Reasons You Should Volunteer

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Whether you want to do your part or make your mark, there are many great reasons to volunteer and in addition to the happiness it will bring you, those that benefit from your help will be very happy you did. Volunteering therefore is of benefit to everyone, no matter the reason, so here are a few reasons you volunteer:

1. Your Help Is Needed

Volunteers are extremely valuable resources for an organization, whether it's about financial, mental or physical contribution, everything together matters.

2. You Can Impact Your Community

Depending on where you decide to focus your volunteering efforts, you could contribute to various elements that are key to community building:

Supporting families with volunteer daycare

Supporting families with volunteer eldercare

Supporting education with volunteer tutoring

Protecting animals with volunteer rescue

Supporting youth with volunteer mentorship

Supporting community wellbeing with volunteer beach / park cleanups

3. You Can Boost Your Wellbeing

Giving of your time for a good cause does wonders for your physical and mental health by reducing stress levels

while improving your mood.

4. You Can Learn New Things

Volunteering helps you learn different things about people and cultures leading to your personal and professional growth.

5. You Become Socially Responsible

As a volunteer, by choosing to invest your efforts into a community and its residents, you are providing a valuable service to that community by being socially responsible and selfless.

6. You Can Gain Work Experience

Volunteering with any organization provides you with great work experience, particularly if you help in the administration department where you learn about people, planning and the running of an organization.

7. You Can Boost Your Self Esteem

Volunteering improves your personal growth as you learn new things in service to your community leading to inner satisfaction and a boost in self esteem.

8. You Can Be A Teampayer

Volunteerism encourages teamwork and camaraderie within an organization allowing many different people to work closely towards a common goal.

9. You Can Make Difference

As a volunteer, no matter how small a contribution you think you are making, it can make a big difference so don't underestimate your ability to make an impact.

10. You Can Actually Have Fun!

Knowing your actions are making a difference brings great pride and satisfaction so remember to enjoy every moment of your experience as a volunteer and make it fun!

Giving back to your community creates a sense of belonging and purpose in your work because you are truly making a difference in the lives of others. This will bring you quickly to the realisation that, although you're technically there to help others, you end up helping yourself just as much. In addition, volunteering can help you to contribute to causes that are close to your heart. Whether you've lost a loved one to a devastating disease or have been moved to do something to ease the pain and suffering of others, your volunteer work can improve the lives of others while simultaneously delivering all of the above benefits.

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