

Value of Volunteering

Volunteering is often viewed as a way to give back, but it also plays a meaningful role in personal and professional development. Helping others can improve well-being, build valuable skills, and create new connections. By stepping outside everyday routines and giving to a larger purpose, individuals gain experiences that not only benefit their communities but also build strength in their future opportunities.

1. Build Valuable Connections

Volunteering creates opportunities to meet new people outside your normal social and professional circles.

- Engaging in volunteer work connects you with individuals who share similar values and interests
- These relationships often develop into meaningful personal and professional connections
- Expanding your network through volunteering can open doors to new opportunities

2. Gain “Give and Take” Knowledge

Volunteering is a two-way exchange where you contribute your time while gaining new skills and perspectives.

What You “Give”

- Your time, effort, and energy
- Support to organizations and communities and their needs

What You “Take”

- New skills and experiences outside your normal routine
- Exposure to different environments and challenges
- Increased confidence and personal growth

3. Strengthen Your Resume

Volunteering demonstrates qualities that employers actively look for.

- Shows initiative and willingness to go beyond the required responsibilities
- Highlights transferable skills such as teamwork, leadership, and communication
- Provides real-world experience that can be applied in professional settings

4. Build your experience

Gaining experience volunteering can lead to earning your next job.

- Highly skilled professionals use volunteering to expand their expertise
- Volunteering in a new industry can help you gain skills that can help you switch fields
- Demonstrates commitment to transitioning into nonprofit or mission-driven work

5. Additional Benefits of Volunteering

Beyond career advantages, volunteering also improves your personal well-being.

- Can increase happiness, content, and overall life satisfaction
- Helps people feel more productive and purposeful
- Contributes to better mental and emotional health

Reference—read the following article to learn more:

<https://hbr.org/2009/09/helping-others-helps-yourself>

<https://www.forbes.com/sites/nextavenue/2015/03/19/5-surprising-benefits-of-volunteering/>

www.SalesClubUSA.com

<https://www.denisehoran.com/>