FROM BURNING OUT TO IGNITING: NURTURING A VOLUNTEER BOARD

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WHAT DOES BURNOUT LOOK LIKE?

- Lack of follow-through
- Not showing up for meetings/events
- Negativity/pessimism
- Quality of work/effort slips
- Loss of enjoyment/enthusiasm
STRATEGIES TO AVOID BURNOUT

UNDERSTANDING PURPOSE

SETTING ACHIEVABLE & CLEAR GUIDELINES

FOSTERING A WELCOMING ENVIRONMENT

VOLUNTEER HOLIDAYS

SHOWING GRATITUDE
UNDERSTANDING PURPOSE

What’s the purpose of your network? Does the work you do serve that purpose?

Different people, different motivations

Goal setting
Hi there, I was wondering if you offer staplers in red? I'd like to place an order for 250 staplers. Is this possible? Please find a purchase order attached with our budget and exact specifications.

Thanks,

Harry

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We've been getting lots of requests for red. Our vendor says it's doable.

Great! I'll pass that along.
FOSTERING A WELCOMING ENVIRONMENT

- Effective (and fun!) board meetings
- Feedback: How and When
- Inclusivity
VOLUNTEER HOLIDAYS

Everyone needs a break

Different contribution levels

Event staffing
SHOWING GRATITUDE

Volunteer/Board socials

Saying thank you: how and when

Appreciation languages
THANK YOU