



Lesson #4
Get OUT!

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This Week's Objective

No, really. Get out.

This week we will look at what you, or what you can DO, outside of your regular realm of work and put a little focus on community. We will assess what you get out of it.

The Commitment to the Community

Women are naturals when building the world around them, so (unsurprisingly), we take on all sorts of volunteer efforts. From my little research corner of the world, it seems that many women find fulfillment in adding these efforts to their plates. Do you get satisfaction from it? And do you sometimes feel that you are overdoing it?

Taking on extra efforts at work can be opportunities to showcase your leadership and organizational skills, possibly leading to advancement in other areas.

If you already partake in community efforts, then your assignment this week is to take inventory of it. Learn from it, enjoy it, assess it. Don't you just love your female self?

If you do not have some level of extra-curricular community activity, then GET OUT of the office or the house or the home-office, whatEVER. This is Community Service Week for you, even if it means just setting some plans in motion for the future.

Quit Your Bitchin' and Find The Rainbow

LOTS of things can go wrong when helping plan and execute events. It can also become a quick breeding ground for attacking others and feelings getting hurt. It is important to keep your perspective when that happens.

I have been lucky with the volunteer activities I have taken on in the past – not too many proverbial cow pies hitting the fan. But recently I took on a vice-chair position for a community event. I heard all about political issues and conflict among areas of the project began asking myself what I had gotten myself into!

Luckily, the chair was a very experienced, capable, and happy-go-lucky leader. Early in the planning process she mentioned how fun the actual event is and why she took on this enormous task ... watching the public have a good time, tending to and solving issues that crop up, and so on. And she really was right! So instead of focusing on what was going wrong, I turned my attention to all the good that was happening. This simple mental reminder kept me from getting spun up and worried that all was not perfect.

Let that serve as a reminder to you as to why you have passion for volunteer events and to look beyond the hiccups at the joy the effort may be bringing you.

This Week's Assignment

List below the activities that you presently do to support your community.

(Items would include serving on non-profit Boards, charitable events or committees, community outings to benefit someone or to contribute to a cause, volunteer assignments, efforts at work like a book drive or pot luck, etc. Your activities do not have to be directly related to a non-profit effort; they can be a social-building effort.)

Per month, how much time do you volunteer serving your communities?

Why do you choose to do it or what do you gain from it?

Is the effort worth it for you?

If so, please take a moment to pat yourself on the back. Soak up the feeling of enjoying it and appreciate yourself for the effort.

If not, take a minute to assess what you would like to change about it.

Not You? Then a Challenge fer ya:

If you do not involve yourself in activities like those mentioned above, challenge yourself to a little dabbling in it to see what you may get out of it.

IDEAS: Find a community activity in which several people at work or in your world of influence can participate. Be creative! A few ideas that may help:

- Plan to have a kids clothing drive Tuesday through Thursday and take them to a shelter Friday.
- Pick a soup kitchen nearby and grab a carload of people to volunteer with you there.
- Take a few people to the grocery store then over to a local food pantry to donate them
- Find out what elementary schools are in need of someone to come in and read to the kids. Take some new books to donate to their library.
- See if you can round up enough people to sponsor a sports team in need of uniforms.
- Feeling more ambitious? Start planning a career day for your community and arrange to speak to several schools about what your business is (you alone or a group of you, depending on what sort of workplace you have.)

Other ideas that appeal to you:

Your plan for taking on one or two activities:

(Hello RINGY-DINGY – you may want to write a SMART goal here, wink wink).

CHICK CHECK

A few questions to validate your female approach to this week's assignment.

There are a couple of oh-so natural female leadership skills involved in this week's assignment, such as collaborative mindset, social equality, and planning. Do you involve yourself in these community events for those natural reasons? Or do you do it for other reasons? Are you over-taxed or are you appreciating this involvement and find it fulfilling?

My Ongoing RINGY-DINGY List

Items that come up throughout the course that you want to remember or task for yourself. Your “short list” of things that are working best for you or “AHA”s.

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