

DO GOOD, FEEL GOOD

Volunteering with CIHT delivers a range of personal and professional benefits

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CIHT HAS A LONG HISTORY of providing a wide range of volunteering opportunities. Whether it's sitting on a board or committee, reviewing chartership candidates, writing or developing content for CIHT Learn, being a STEM ambassador or judging the CIHT Awards, our volunteers do a huge amount of work across many activities.

In total, we work with over 800 volunteers who offer numerous benefits to the organisation and other CIHT members, providing complementary additional support that can enhance a fellow member's experience. Many member volunteers don't actually regard what they do as volunteering, but whenever a member gives up their own time to support the work of the Institution, they are being a volunteer.

As all of our volunteers are members of CIHT, we want to empower them to understand the tangible difference they make. In working with us, volunteers help to achieve our aims so we ensure they have the resources, skills and authority they need to be a success.

The involvement of volunteers is a fundamental principle of CIHT for several reasons. These include:

- Volunteers provide direct member insights, invaluable professional expertise and a wide range of perspectives.

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- They add to the Institution's capacity to achieve its strategic objectives, support the delivery of services and add value to our membership proposition.

- They create a strong CIHT community through the development and maintenance of regional and national networks and committees – vital to knowledge exchange and peer support.

- They provide personal benefits such as career enhancement, CPD recognition, a broader professional network and a real sense of personal satisfaction.



JOIN US

To find out more about being a CIHT volunteer, go to bit.ly/CIHT-Volunteer

WELLBEING AND RESILIENCE

Studies show that volunteering makes a huge contribution to personal, community and societal resilience, and can give a new sense of purpose, identity and sense of belonging. Not only that, it improves life satisfaction while reducing loneliness and isolation.

The recent *Time Well Spent* study by the National Council for Voluntary Organisations (NCVO) described the relationship between perceived wellbeing and mental health factors and volunteering. The study found that 75% of volunteers agreed that their volunteering experience improved their mental health and wellbeing. Volunteers also reported positive impacts on their lives such as enjoyment, making a difference,



CIHT'S VOLUNTEERING VISION

Volunteering at CIHT has grown organically, leading to a wide range of volunteering roles across a broad spectrum of activities. While our volunteers are well supported and highly valued, this approach has led to some inconsistencies.

Since the contribution of volunteers is pivotal to the work of CIHT, the Membership and Member Services Strategic Board has approved a long-term volunteer strategy that sets out a clear vision for enabling our members to make a real difference to CIHT and their communities. There are four pillars of the strategy:

1. CONSISTENCY

Establishing an integrated and consistent approach for everyone who is involved in volunteering.

2. COLLABORATION

Encouraging a culture of equality, teamwork, shared values and respect for standards, behaviour and performance, and ensuring everyone's contribution is valued and celebrated together.

3. RECRUITMENT AND RETENTION

Adapting our volunteer offer so it responds to our members'

professional and personal commitments, needs and goals.

4. ADDING VALUE

Developing volunteering opportunities that are highly relevant and easily accessible, add value to the membership, benefit the individual, and enhance the performance and reputation of CIHT.

By creating a shared and inspiring vision of volunteering, we will encourage a pro-volunteering culture in which members, staff and volunteers appreciate the value and positive impact of volunteering.

a sense of achievement and increased social connection.

Volunteering can also help you develop resilience. Not only does it expose you to different situations, people and problems that can challenge you, test your skills and expand your perspective, but by facing these challenges, you can learn to adapt to new environments, deal with uncertainty and solve problems.

Volunteering can also help you cope with stress. By contributing to a cause you care about, you feel more connected to your community, more valued for your efforts and more optimistic about the future.

Developing resilience can have benefits for your personal growth, such as improving mental health and wellbeing, boosting academic and professional performance, strengthening relationships and social skills, and exploring interests and passions. Volunteering can also help to reduce stress, enhance skills, and improve self-esteem and communication, as well as provide the opportunity to try new things and broaden your experience.

SHUTTERSTOCK



GET THE FACTS

To read the full NCVO study, go to bit.ly/NCVO-study