

## 1. Why volunteer.

There have been many studies of why people volunteer and throughout the years I have checked in on people as I have worked with lots of volunteers.

The reality is depending on who we are, volunteering might hold different places in our hearts and minds at different times.

The volunteer is an ambassador/emissary for LAP. Setting an example for the community and sometimes spreading the word. The volunteer might do outreach to individuals and help them get connected to the larger community, the recovery community, back to LAP.

Volunteering in a collegial/safe environment holds many benefits for the volunteer and certainly for people they are helping. POLL

The answers: Go over the poll for a few minutes first and then:

Happiness goes up

We are able to feel valued

We can serve as an example to others

We pass on a legacy

We are able to meet new people

We are able to heal ourselves further

We are able to connect with others and enhance all of our well-being

## 2. Healthy Connections- defined correlation,

Synonyms: bond, link, tie, affiliation, alliance, sameness, likeness, community, resemblance, similarity, accord, agreement, conformity, congruity, correspondence

## 3. Holding Space for Empathy vs Sympathy

Healthy Communications

How does having healthy connections thru volunteering help our legal community?

Boundaries

## 4. Defining the 7 Dimensions of Well-Being

Upon reviewing our volunteer materials, I found the info in the outreach handout useful for our talk- When we volunteer we want to check out our own Context and our own intentions.

Context:

- i. What is your current life situation? Are you doing well in your life? Are you under particular pressure?
- ii. What is your experience? With the kind of problem suspected? With the individual involved?

Remember a clear "NO" is always appreciated and respected.

Check your Intention: The intention is to provide direct information to the party and to offer assistance. Be sure you don't have some other intention. (E.g. To confront the person with your judgement, to make the person see the light, to save the person). Remember this is the first step we are taking, leave the door open for future steps."

5. Connecting with each other using Well Being Dimensions- divide into small group discussion.
6. Bringing it all together and thank you!