

Motivations For Volunteering

Some Thoughts for Neighborhood Association Leaders

"Knowing why persons volunteer is important. Motivation is an important aspect of how well a job is done or whether it is done at all. If people do not enjoy the volunteer work they do they may not put much effort into it or they may find a way to be excused..."

"Motivation comes from within a person; it is not injected like a vaccine. Motivation is related to what people feel is important to their values and interests. It is also related to a person's sense of identity, their self-regard and their feeling that they have contributions to make."

"While motivation lies within people, there are ways of stimulating and challenging them to volunteer. We know for example, that motivation increases when volunteers are given jobs that match their interests and skills; when volunteers receive adequate introduction, orientation and training; when they are helped to grow while they serve; when they are appreciated and affirmed in what they do; and when they are given increased responsibility commensurate with experience and new skills."

--Excerpt from Recruiting and Developing Volunteer Leaders

Why People Say "YES"

- A desire to help others.
- A desire for recognition and status.
- To feel needed and useful.
- To gain knowledge and skills.
- A need to be part of activities that have NA importance.
- A belief in the program and its mission.
- To meet new people and make friends.
- To reduce boredom or loneliness.

Why People Say "No"

- "The job isn't important"
- "They said it won't take much time but I know better."
- "Once you say yes to one thing, they'll ask you to do more."
- "Once you say yes, you have a job forever."
- "I'll end up doing all the work myself."

