



## Volunteering

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### Editor's Letter

Hello Everyone

Welcome to the December edition of the ECI Member's Newsletter and the last newsletter for 2008. It has been a fabulous year!

Thank you to those who have contributed to the Newsletter in any capacity over the past twelve months. Your contributions are invaluable to this publication and we look forward to many more next year in 2009.

We hope that you enjoy this newsletter and we look forward to bringing you much more next year.



*"No act of kindness, no matter how small, is ever wasted"*  
Aesop

*Anna.*

Anna Cairo, Assoc  
[Newsletter Editor](#)

### ECI Benefits for Members

Professional Indemnity Insurance – [Click here for more details](#)

TAXCafe® - [Click here for more details](#)

Coaching Hours Log – [Click here for access to the log](#)

C.P.D. (continuous professional development) Log – [Click here for access to the log](#)

*What other member's offers would you like the ECI to source?* Let us know by sending the ECI an [email!](#)

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### Creating More in your Life Through Volunteering

Kirsty O'Callaghan

When you think of volunteering a few things that may immediately come to mind, are: where

will I find the time for it, doing something for nothing, having to do something that you may not necessarily be interested in or even having to share time with people whom you don't know.

This could all be true; however what I would like to share with you is the endless opportunities that are possible as part of a volunteer program.

It has been proven through research and countless interviews with successful people that part of a flourishing, satisfying and happy life experience is the ability to give back to your community, meet new people, network and share your skills, knowledge and your resources. As a result you learn new skills and become a part of creating something that makes a difference to others. This can be especially true for coaches, and all this can be achieved through choosing to volunteer your time regularly.

There are many different programs to participate in; assisting at your children's school, planting tree projects, pro bono coaching, sporting programs, helping in hospitals, developing or supporting in self help or like interest groups. If you Google volunteering in your area you may find it amazing how much is out there and happening right now.

The benefits to you could be meeting new clients, new friends, developing and enhancing your own self worth, spending more time with family who choose to participate as well, setting great examples for your children and learning new things about yourself, others and different ways of doing an activity.

People who volunteer their time, whether it be once a week or once a month, have been found to be more happier, interesting, fulfilled and possibly most of all have a stronger connection to their community and sense of self and where they belong in the bigger picture. These people also find their resources grow, their friendship group grows and their business shows positive signs of growth.

Volunteering allows you the opportunity to safely step out of your comfort zone, do something different and valuable which encourages you to take action on things you may have previously thought impossible. Try it and see. The key is finding an organisation or group that interests you or you are passionate about. If you decide to volunteer for something you don't believe in or support, it will soon become a chore and you will not stay the distance.

Innately, I believe, we have never lost our sense of community - where everyone helps everyone else to develop. Could this be why there are some of the issues in society today? Could we overcome this by satisfying our need to encourage and develop our community? What would we lose by making some time to help? Or what could we gain? The possibilities are endless; all you need to do is take the first step.

**Author Profile:**

Kirsty O'Callaghan is the Proprietor of Unity-Qld, which offers a wide range of services which compliment each other, so consultations and/or training are tailored to the individual needs. The techniques and strategies Kirsty uses help clarify what you want from life, set effective goals, stay focused and challenged and promote success, health and well-being.

Kirsty O'Callaghan  
[pkndo@ozemail.com.au](mailto:pkndo@ozemail.com.au)

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**Top Tips in Getting Started with Volunteering**

- 1) There are many ways to contribute – do your research
- 2) Find an organisation you are passionate about or interested in
- 3) Decide how much time and energy you want to contribute
- 4) Try something out first before committing
- 5) Talk to people who regularly volunteer for their thoughts
- 6) Decide in what capacity you would like to assist the organisation
- 7) Be clear with your expectations and that of the organisation you want to support
- 8) Determine why you want to volunteer
- 9) If what you have decided to do isn't working, then say so and move on
- 10) Keep persisting.....the benefits to each party are endless

Anna Cairo  
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**Definition:**

- n.
1. A person who performs or offers to perform a service voluntarily: *an information booth staffed by volunteers; hospital volunteers.*
2. Law
  - a. A person who renders aid, performs a service, or assumes an obligation voluntarily.
  - b. A person who holds property under a deed made without consideration.
3. Botany A cultivated plant growing from self-sown or accidentally dropped seed.

## Members Offers

### [Build a Booming Business](#)

Betska K-Burr, MECI

### [Get Known Fast](#)

Tessa Stowe, Assoc

Your 'Get Known Fast' programme was super value for money and I want to thank you so much for changing my life in many ways Tessa! – [click here](#) for the testimonial written by a member of the ECI

### [The Science of Getting Rich](#)

Barbara J. Dalpra, FECI

#### **How would you benefit if you were to promote your own business offers to the ECI's membership?**

Take this opportunity to promote your business offers to ECI members. Please [email](#) the following details:

- Offer title
- Organisation name
- Organisation location (country in which you are based)
- Short description of your offer (no more than 250 words) please note - where this description is longer than 250 words, the display posted onto the web-page will end at the 250th word.
- Price and currency (please explain whether this includes or excludes VAT, Sales Tax, or any additional costs)
- Offer contact details - i.e. web-link or email address
- If applicable, offer end date

[Click here](#) for more information.

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## How Being Involved in your Community can help your Business Grow

John McDevitt

Being involved in your community can help your business grow because community involvement puts a personal face on your business that can't be duplicated any other way. When you are known in your community, you are more than a faceless business; you are a neighbour, a real person who is a member of the community.

Once you understand that the core of all business is people and their interactions, you can see why community involvement is so important and how that involvement can help your business grow. People may be wary of strangers, but they warm to their neighbours. When you are involved in your community, you are one of them, an insider.

If you are a social person who enjoys being around others. If you enjoy helping out, why not take advantage of these pleasures to help your business grow? When you are a good neighbour, a known and respected member of the community, your business will prosper. If people trust you personally, they'll likely trust you as a business person.

There are many opportunities to participate both personally and as a business in community events and special programs. You might offer your expertise to help organise a community fund drive, provide funding or supplies for a community picnic or you could initiate a mentoring program for young people.

Sponsor sports teams. Most youth teams are short of funds. As a sponsor, your business name can be associated with the team and be printed on their jerseys. Who knows, you might even enjoy coaching.

Join local business organisations and network with others. This is especially useful if you provide services to other businesses. Networking is a proven way to gain new clients. You get to know your fellow members, share expertise and when someone needs a product or service, they're far more likely to go to a friend and fellow member than an outsider.

Word of mouth is the best possible advertising. When you are known in the community, people are not only more likely to trust you, they'll often refer you to friends even if they've never had the opportunity to use your services themselves.

Use your imagination. Community is always about people. Enjoy being a part of your community. People are intuitive and respond positively to genuine caring. When you're sincere about community involvement, you might be surprised at how much your business will benefit and how fast it will grow.

#### **Author Profile:**

John McDevitt is a retired architect (30 years in the profession). His lifelong love of words has led him to a second career as a freelance writer and copywriter and he loves every minute.

John McDevitt

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#### Future Features:

2009:

January

- Marketing

February

- Leadership

March

- Creativity

April

- Motivating People

May

- Healthy Workplace

June

- Support Networks

July

- Different Learning Styles

August

- Values, Belief Systems & Goal Setting

September

- Personal & Professional Relationships

October

- Stress, Burnout & Life/Work Balance

November

- Wealth Creation & Building

December

- Resolving Conflict & Encouraging Teamwork

#### Newsletter Team:

Editor:

[Anna Cairo](#)

Article Resource Team  
Manager:

[Kirsty O'Callaghan](#)

Article Resource Team:

positions vacant

Your Questions

Answered Panel:

[Kirsty O'Callaghan](#)

Proof reading:

position vacant

### Q: How do I find time to volunteer.

**A:** Volunteering gives you the flexibility to think beyond yourself and your situation. It is quite often a choice people make. They make this choice for various reasons. These include a desire to help, give back to the community, meet new people, and create new networks just to name a few. To volunteer your time and energy on a project or activity that brings you satisfaction is the key. It is also important to note that there are many different ways and situations that you can contribute.

There are many and varied volunteer activities out there. You can help an elderly neighbour. You can contribute your time and expertise to a publication in your local area or within your occupational community. You can even billet overseas students or children playing sport who travel for exchange programs. These again are just a few examples of what is out there and how little or much time you choose to allocate.

It can be once a year, a couple of times a year or every week. It is entirely up to you. Whatever you choose to contribute will be greatly appreciated by others and will hold value for you. Do something that interests you and you will feel reward and it will not feel like a drain on your time but it will turn into something you look forward to.

Submit your questions to the ECI's panel of experts by sending in your questions.

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## International Coaching Register

The International Coaching Register is for any individual who trades as a coach, who help individuals and/or organisations for example, establish a work life balance, manage stress levels and build communication skills amongst many other specialist areas.



Everyone who has qualified as a coach with a recognised coach training company should now take the opportunity to register. This will dramatically cut down on any misrepresentation that goes on within the industry. Many people have websites and call themselves a coach but have no actual qualifications. The register will stop these people and raise the profile of genuine coaching and how it can transform people's lives.

C.E.O. of the ECI Gerard O'Donovan said "the register has been administered by the ECI for the benefit of the world of coaching and coaching clients. It is also a great way for coaches to get business as members of the public can search for registered coaches in their area. It brings coaching transparency at last."

As members of the ECI Have you published your details on the International Coaching Register? To do so:

- Select the 'ICR Register Edits' menu option on the left hand side of this screen.
- Create your entry by selecting:
  - [Insurance](#) - enter your Professional Indemnity Insurance details here.
  - [Training](#) - enter the details of all the training courses you've completed here.
  - [Workshops](#) - enter the details of all the workshops you've attended here.
  - [Accreditation](#) - your ECI Accreditation details will automatically be included here. You also have the opportunity to enter the details of all the accreditations/credentials you've been awarded, as an independent verification of your coach training and experience.
  - [Business Details](#) - select or enter all types of coaching you include in your Coaching Business/Practice.
  - [Organisation Membership Details](#) - enter the details of all Business Organisations in which you hold a membership - these could be other Coaching Bodies, Chamber of Commerce, or any type of organisation that is appropriate to your business.
  - [Display](#) - don't forget to DISPLAY your details. Selecting 'yes' your details will be displayed on the International Coaching Register. For ECI Accredited Coaches, your details will also be displayed on the ECI's Coaching Referral programme.

We look forward to seeing you on the International Coaching Register.

To display your details on the ECI's Coach Referral Service, if you are not an accredited coach [email](#) Cherry Claus, Intl. Head of Accreditation for details on how to become accredited.

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### Inspirational Quotation:

"We are prone to judge success by the index of our salaries or the size of our automobiles, rather than by the quality of our service relationship to humanity"

Dr. Martin Luther King, Jr.

"The ultimate expression of generosity is not in giving of what you have, but in giving of who you are."

Johnnetta B. Cole

Volunteering Australia's<sup>1</sup> recent annual survey found that 5.4 million Australians, or approximately 35% of the population, undertake volunteer work. The estimated value to the community and economy of such volunteering is \$70 billion. The survey also identified that 86% of volunteers believe their volunteering increases their sense of community belonging.

"This did not surprise us at all as a sense of community is a major motivator for volunteers," said Volunteering Australia CEO, Cary Pedicini. "98% of volunteers said that they believed their work as volunteers makes a difference to their organisation and its work."<sup>2</sup>

In addition to individual volunteering, businesses are increasingly putting Corporate Social Responsibility (CSR) policies and processes in place within their companies and workplaces. Such policies are based on the idea that businesses have responsibilities beyond their shareholders and to be good global corporate citizens.

Originally focusing on volunteering, sponsorship and philanthropy CSRs have now expanded out to include sustainable development and social and environmental responsibility. The UK organisation Business in the Community<sup>3</sup> has a national campaign called Cares, developed specifically to assist businesses to encourage their employees to get involved in their communities through volunteering.

Dr Stephen Post, President of the Institute for Research on Unlimited Love, School of Medicine, Case Western Reserve University in America, has undertaken years of research into the life enhancing benefits of caring, kindness and compassion. "The existing literature indicates that volunteering - at a level not experienced as overwhelming, does have positive impacts on happiness, mood, self-esteem and mental health."

He goes on to say that "Improved psychological states and mental health appear to emerge from altruism. Mechanisms may include reduction in maladaptive health behaviours and self-absorption, increased sense of meaning and purpose, enhanced social competence, and consequent social support."<sup>4</sup>

For many years I was involved in volunteering within my local community. It was indeed a very gratifying and rewarding experience, bringing many opportunities for personal growth. It increased my sense of connection to my community, heightened my networks and brought a range of wonderful people into my life, many of who remain today. I also like to think that it made a difference, enhancing the community, and contributing to the longer-term survival of the organisation and cause we were all involved in.

However, the challenge with volunteering, as Dr Post states, is to ensure that it doesn't overwhelm you and that it remains at a controllable level, given it is usually an activity added onto all the other existing demands in your life.

If you are thinking of volunteering - either through your business or individually - I would encourage you to do so and also consider the following:

- **Be clear** about what you bring to an organisation in terms of skills. Many not-for-profit organisations have specific tasks they want volunteers to do. If you approach an organisation with a clear idea of what you have to offer it makes their job easier and you will have a greater chance of enjoying the tasks you are given. Are you good with figures and budgets, do you like practical tasks, are you prepared to offer your professional skills or do you want to do something different?
- **Do your research.** Check out which organisations are in need of the services you have to offer and what type of organisations you are interested in working with. Make sure that your values align with those of the organisation and that you believe in what they do. It is a working relationship so take it seriously and don't waste their or your own time.
- **Put clear boundaries** in place from the start about how much time and energy you can commit to volunteering. You don't want to be resentful about the time you are dedicating or the energy you are expending. Get clear about how many hours you realistically have to offer.
- **We all go into volunteering for a reason**, usually because we want to make a difference and a contribution, so be clear about why you are volunteering and what you want to get out of it.

If you want to feel more connected to your community, and the current economic climate provides a good opportunity for us all to increase this connection, develop your social and business networks, and to feel good then consider becoming a volunteer.

#### References:

1. Volunteering Australia Media Release 18 September 2008 - Downloaded 6 October 2008 - [http://www.volunteeringaustralia.org/html/s02\\_article/article\\_view.asp?id=3170&nav\\_top\\_id=-1&nav\\_cat\\_id=-1](http://www.volunteeringaustralia.org/html/s02_article/article_view.asp?id=3170&nav_top_id=-1&nav_cat_id=-1) 1,785 volunteers and 954 organisations participated in the survey.
2. Op cit.

#### Positive Daily Actions:

Not everyone can commit the time to structured volunteering; however, every small bit helps. Everyone can contribute without much commitment time. Here are some suggestions:

- Help your elderly neighbour with their grocery shopping
- Pick up or drop off your neighbour's children
- Do some pro bono coaching
- Donate your services as prize for a local charity
- Speak to a group of students or local community on a particular issue free of charge
- Make a donation to an organisation you believe in if you can't spare any time

## The Benefits of Volunteering (continued)

3. Business in the Community - [http://www.bitc.org.uk/404.rm?url=/csr\\_strategy\\_and\\_integration/cr\\_index/index.html](http://www.bitc.org.uk/404.rm?url=/csr_strategy_and_integration/cr_index/index.html)
  4. Post, Dr Stephen - Why Good Things Happen to Good People: Happiness, Health and the Generous Heart – extract from paper presented at the Happiness and its Causes Conference, Sydney, 2008, conference workbook p. 148
- Post, Dr Stephen and Neimark, Jill Why Good Things Happen to Good People, Broadway Books, New York, 2007

### Author Profile:

Julie Regan is the Director of Creative Coaching Options, specialising in coaching people to assist them to achieve their potential, and bring their ideas to life. With over 20 years experience as an arts manager and screen arts consultant in the creative arts in Australia, within both government and non-government organisations, Julie has been responsible for the development and implementation of strategic policy and plans, organisational change management and client service delivery.

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## ECI Sponsored Workshops

The ECI offers their Members with the opportunity to promote their own workshops and short courses. It is important to note that these short courses and workshops are *not verified* by the ECI, and therefore they are not subject to the same scrutiny as the ECI Accredited Courses and Workshops.

[Click here](#) for more information.

**Abundance Retreat**  
"Being beyond Technique"

Resolution for Life  
- Margit Jones-Hochstrasser, Assoc

"Dramatherapy Group"

Know Limits Ltd.  
- Mandy Gutsell, Assoc

"Give Yourself the Gift of Health"  
Short Course

Rainbow Promise Health  
- Dawn Campbell, CECI

"Putting Ageing into Perspective"  
Workshop

Mowat Research Ltd.  
- Dr Harriet Mowat, Assoc

"The Positive Parenting Made Easy"  
Workshop

Positive Parents – Confident Kids Coaching Ltd. – Sue Atkins, Assoc

"Transition Retreat"

Resolution for Life  
- Margit Jones-Hochstrasser, Assoc

*Take this opportunity to promote your short courses and workshops.*  
[Email](#) the details of your workshops or short courses.

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## Accredited Training Courses and Workshops

### Full Coach Training Courses

- Diploma in Life & Business Coaching  
Mindstream  
[info@mindstream.ie](mailto:info@mindstream.ie)
- Diploma in Management and Executive Coaching  
International Coaching and Training Institute  
[info@icti.ie](mailto:info@icti.ie)
- Diploma in Personal and Executive Coaching  
Executive Coaching Solutions Limited  
[info@ecsl.eu](mailto:info@ecsl.eu)
- LCH Diploma in Life Coaching (The)  
Achievement Specialists  
[enquiries@achievementspecialists.co.uk](mailto:enquiries@achievementspecialists.co.uk)



### Readers Feedback:

We would appreciate your feedback on any aspect on the newsletter.

Email the editor!  
[anna@the-eci.org](mailto:anna@the-eci.org)

Please don't forget to promote the ECI to like-minded friends and clients by forwarding them a copy.

- Life & Executive Practitioner Coach Diploma (DipNMC)  
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- Life & Executive Practitioner Senior Diploma (SNMC)  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)
- Life & Executive Master Coach (MNMCM)  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)
- Professional Certified Power Coach® Program  
Coaching and Leadership Intl. Inc.  
[Betska@CoachingAndLeadership.com](mailto:Betska@CoachingAndLeadership.com)



Further details on all these courses and workshops can be found at [http://www.europeancoachinginstitute.org/coach\\_training/programme.php?Level=CTECI](http://www.europeancoachinginstitute.org/coach_training/programme.php?Level=CTECI)

### Short Course Training Courses

- Coaching Skills for Managers  
Reed Learning plc  
[Eleanor.Maimane@reed.co.uk](mailto:Eleanor.Maimane@reed.co.uk)
- Putting Ageing into Perspective  
Mowat Research Ltd  
*accreditation applied for*
- Quantum Goal Achievement  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)



Further details on all these courses and workshops can be found at [http://www.europeancoachinginstitute.org/coach\\_training/programme.php?Level=SCECI](http://www.europeancoachinginstitute.org/coach_training/programme.php?Level=SCECI)

### Workshops

- Results Coaching  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)



Further details on all these courses and workshops can be found at [http://www.europeancoachinginstitute.org/coach\\_training/programme.php?Level=WSECI](http://www.europeancoachinginstitute.org/coach_training/programme.php?Level=WSECI)

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### Thought of the Month:

“Those who want to do good are not selfish. They are not in a hurry. They know that to impregnate people with good requires a long time. But evil has wings. To build a house takes time. Its destruction takes none”

Mahatma Gandhi

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## The ECI A force for good in coaching!

This is your industry related e-newsletter so have your say here.

**Question** - What do you have to say that will inspire, motivate or support other coaches to realise their full potential?

**Answer** - Share your quotes, positive daily actions and coaching tips for the benefit of others in this newsletter. In addition, seize this free opportunity to raise your profile and increase your chances of being networked with by contributing an article. Don't worry if you're not an experienced writer, we'll help you edit it. Our publication guidelines are found by [clicking here](#).

We look forward to hearing your voice an opinion, starting a debate or just raising an issue with us.

Send your submission to the [Editor](#).

**How about working with our team?** We are looking for people to find great articles for our future newsletters. Please contact our [Editor](#) if you love research, reading and being part of a team.

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