



*Bringing your soul to  
volunteering.  
How do I get started?*

*Karen Schell, Volunteer*



## *It Starts within yourself*

*In the land of plenty, it's easy to take things for granted that others consider treasures.*

*Gratitude is the unintended gift I receive from giving to others. I will give that gift to myself.*

*A grateful heart is a gift that will change our perception.*



## *Seeds of the Sunflower*

*Have been known to lie dormant in untilled soil for a quarter of a century.*

*Yet, when the soil is turned and sunlight touches the seeds, the process of germination is activated within the embryo.*

*In just a few weeks, a vigorous plant stretches toward the sun, continuing the life cycle, blooming, and producing the next generation of seeds.*



## *Seeds of the Sunflower*

Giving attention and encouragement may be the one factor that, like sunlight on a dormant seed, can influence others to flourish like the germ of life within the sunflower seed.



*It is easy to make a  
difference*

- My day will improve as I seek to improve the lives of others.
- Today, I will be aware of the power I have to touch the lives of others in a meaningful way.



## *Build from the Heart*

From the heart we build genuine relationships, bonds built with unconditional love, joy, loyalty, trust and conviction.

It is through the heart that we connect with the world around us, the people , by connecting at the level of the soul.

With the heart, we foster commitment, we defy the odds of logic and rational, we experience true passion, we take risks which gives us the courage and fuel to do something with purpose and vision.



# *Passion*

Is a heartfelt energy that flows through us, not from us.

It fills our hour hearts when we allow it to and it inspires others when we share it.



# *Passion*

When feeling truly passionate and inspired –  
what are you willing to do?

What kind of effort are you willing to make?

How fearful are you?





# *Passion*

Opening your heart, listening to your calling, turns your vision into reality, grows confidence, and you are committed from the heart and soul.

We are meant to be passionate.



*What are you  
meant to do?*

- What gifts have you been given to share with the world?
- What lies behind us and what lies ahead of us are tiny matters to what lives within us.

» Henry David Thoreau



# *When, how, and where do I get started?*

- One of the greatest things you can do for yourself and others is encourage people be lifting them up and helping them.
- The purpose of giving is not to receive back, but by giving in full measure you receive more than you can give.



# *When*

*Throw your heart over the  
fence, the rest will follow*

- Just Start – today, tomorrow, now is a good time!
- Realize that nothing we do is insignificant; every act shapes this world for better or worse, and we are responsible for whatever we do – or don't do.
- Be aware of the power to touch lives of others in a deep and meaningful way.



# *How*

*when something captures your heart, you are driven to succeed*

- Begin where you are
- Learn by doing
- Start small
- Go with energy
- Go with passion
- Have enthusiasm



# *Where*

*Connect with others by looking  
for ways of service*

- Go to the people
- Live among the people
- Learn from them
- Love them
- Start with what they know
  - Home
  - Work
  - School
  - Community
  - World
- ***Don't be afraid of intimacy through service***



*Ask yourself –  
What do I have to  
offer?*

- Consider your special talents you have and the skills you have developed.
- Ask yourself “How can I make this world a better place?”
- You will find an abundance of answers – Act on them!



## *Giving frees us*

“Giving frees us from the familiar territory of our own needs by opening our minds to the unexplored worlds occupied by the needs of others”.

Barbara Bush





## *Giving frees us*

Giving of yourself: the more you learn, the more your perspective changes and you find yourself with more compassion, understanding and confidence.



# *How do I know how to Volunteer?*

- A great way to further a cause
- Support an organization
- Make a difference in a community
- Meet new people
- Learn new skills

# Close to the Center of the World

- Located only a few degrees north of the Equator
- Flat plains, low hills and a few rivers
- Two main seasons, the wet and dry
- Average Temperature High 88 Average low 77 –
  - Highest recorded 102
  - Lowest recorded 64
  - Average dew point 75
  - Average rainfall – highest in June 7.8 inches
    - Lowest in Jan. 0.8

# Similar in size to Kansas

- Ghana – 92,486 square miles
  - (3,290 square miles) is water – man made Lake Volta – world’s largest
  - Home to 100 different ethnic groups, official language – English – with most speaking one local language – approximately 62 languages
- Kansas - 81,815 sq mi. – estimated 12 -15 Ethnic groups in Kansas – English primary language

# Population comparison

- 24,791,073 (July 2011 est.) – Ghana
- 2,818,747 (2009) – Kansas
  - Ghana has a young population, with more than 42 percent of the people below 15 years of age in 2000 and 55 percent in the 15-65 year bracket. Those over 65 constitute only 3 percent of the population. Life expectancy was estimated at 57 years overall, with 56 for men and 58 years for women
  - Kansas – in 2000 73.5 % percent population 18 and over, 13.3% 65 and over; median age: 35.2. With life expectancy at 77.3

# Average Yearly Income

- Ghana \$947
- Kansas \$37,916

## % Poverty

Ghana – 83.6% (2007) live under \$2.00/day

Kansas – 11.3% (2008) live under \$11,201 per  
year \$30.68 / day

# Religion

- Christianity – 84%
- Islam – 16%
- Traditional religion is intermixed with Christianity or Islam.
- Ancestors and spirits play a large role

# Water supply and Sanitation

Lack of clean drinking water and sanitation systems is a severe public health concern contributing to 70% of diseases in the country

Households without access to clean water are forced to use less reliable and hygienic sources and often pay more



# Food

- Access to food is done through a combination of own home production and stock, barter, gift, borrowing, or food aid
- Most affected are the unemployed and unskilled laborers (half of unskilled laborers live in urban areas who spend 67% of their income on food)
- Other half live in rural areas and they spend 52% of their income on food

# Food

- Markets are the main sources of food for about 80% of the households
- Become vulnerable when there are increase in the prices with floods and droughts

# Roads

- Of the 55,000 roads in Ghana – only approximately 15% are paved.
- No traffic laws, speeds, enforcement
- Police in urban areas on foot
- Construction incomplete throughout all roads

# Housing

- Minimal
- Poor construction
- Crowded
- Multifamily
- No facilities
- Open sewage

# Transportation

- Foot travel – rural areas
- Urban areas – taxis, motorbikes, bicycles, foot
- City to City – large buses
- Very few personal vehicles
- Roads extremely dangerous to travel, no lights, signs, markings traffic all over the road
- People selling goods all stops and roadside

# The decline of health care in Ghana

- History of the country health care problems
- Independence in 1957 – at the time was a economically prosperous country with large gold reserves and high prices for cocoa
- Inflation reached a peak of 123 percent by 1983 due to an ambitious development program, corruption, and unfair world trade which lead to a decline in the economy
- Profound effect on health services
  - Health care equipment including drugs became scarce
  - Many health care professionals left the country
  - Access to health care

# Health Care Issues

- In 2008 – 82% of the entire population lacked proper toilet facilities
- Walking is the dominant mode of transportation – access to care is limited
- Rapidly growing population, decreased nurse/physician ratio and competing salaries and working conditions in neighboring countries hinder the number of practicing health care workers

# Lack of facilities

- Only 1439 health care facilities existed in 2008
- Rural facility lack basic services and are not distributed across the country evenly
- Consist of minimal services of monitoring children's and babies" health, first aid, malaria, parasites, and diarrhea treatment
- Lack of supplies and qualified personnel



# Communicable diseases

- Malaria, TB, Hepatitis, HIV/AIDS, diarrheal diseases, respiratory infections, and perinatal conditions account for 50% of all deaths in Ghana and 68% of deaths in children under the age of 14.

# Health Care System of Ghana

- Cash and Carry System until 2003
  - Required to pay money at every point of service delivery – even in the Emergency Room
- Ghana Health Care Plan – equitable insurance scheme that treatment was provided first before payment - National Health Insurance Act

# Education

- Private institutions offer better education and at higher costs than public schools and are mostly run through religious groups
- Public schools \*42% population under the age of 15 years
  - 12, 225 primary schools
  - 6,418 junior secondary schools
  - 474 senior secondary schools
  - 28 training colleges,
  - 20 technical institutions
  - 4 diploma awarding institutions
  - 6 public universities
  - 10 private universities
  - School enrollment totals over 2 million
    - 1.3 million primary, 550,000 middle, 300,000 secondary, 84,280 technical, 18,000 teacher training, and 89,000 University
    - Shortage s in post secondary education is acute – ONE of Nine senior secondary graduates finds a place in a technical, teacher, or four year program



## *How do I know how to give?*

- If you like to give something besides money,
- Consider lending your time and talents.



# *Steps in knowing how to give?*

1. Consider why you want to volunteer
  - Want to help the world or community
  - Build skills
  - Make new friends
  - Learn
  - Love what you do
  - Share your gifts with others or give back



## *Steps in knowing how to give?*

2. Choose an organization that is meaningful to you.
  - There are organizations that do all kinds of work
  - Volunteer for something you value



## *Steps in knowing how to give?*

3. Look for an organization or activity in your area or community.
  - Start on a small scale, especially if you have commitments at home
  - If venturing abroad, gets lots of information on what to expect, talk to others who have traveled and ask them to share experiences



## *Steps in knowing how to give?*

4. Seek out an organization and tasks within it that suit your skills and interests
  - Make your volunteer work compatible with your interests.
  - Are you outgoing – people person?
  - Love to work with people, animals, children?
  - Are you handy, can you public speak, write?





# *Steps in knowing how to give?*

## 5. Start Small

- If you are already busy, volunteer your time for an hour or two.
- You will be surprised how much you can accomplish in an hour or two.
- Then you can gradually take on more.



## *Steps in knowing how to give?*

6. Get to know others in an organization who the group supports volunteers.
  - Attend a training or orientation session.
  - Talk to local group leaders and other volunteers about their experiences.



## *Steps in knowing how to give?*

7. Explain your own background and preferences to those in charge
  - They can match you with meaningful and suitable tasks.
  - Ask, don't demand.
  - Consider helping out with an immediate need even if it is not an ideal match at first.



# *Steps in knowing how to give?*

## 8. Get Started

- Ask plenty of questions and do your research.
- You won't know until you start if it is right for you.



# *Steps in knowing how to give?*

## 9. Get training

- Attend formal orientation or training
- Ask to work with an experienced volunteer or group



# *Steps in knowing how to give?*

## 10. Try not to give up

- Sometimes have less-pleasant tasks
- Difficult workers
- Busy times
- Slow times
- Bad management
- Work through it anyway,
  - Divide into manageable pieces, take breaks, get help, fix the problem, do something else, look for another organization or start your own organization



# *Steps in knowing how to give?*

11. Are you having Fun?

You will accomplish more if you are having fun, passionate, and enthusiastic.



# *TIPS*

Build a track record.

Consider carefully if you want an leadership, officer, or work in the trenches position – go for the best fit and offers the best use of your talents while having fun.

Lead by example.





# *Warnings*

- Do not get pressured into volunteering or taking on too much.
- It stops being rewarding and starts to become a chore – back off
- Don't be a zealot. Balance your enthusiasm so you don't burn out or burn others out.
- Pay attention to safety and don't be bashful about asking for training and help.



# *Trade off*

- There is an enormous trade-off in volunteering that you only understand when you do it.
- You **are giving** your time and energy for free –  
You **are getting** confidence, satisfaction in doing a good deed, personal growth, nurturing, and training and skills that you would not necessarily get otherwise.

*BE OPEN TO THE WORLD AND ONE DAY, IT JUST  
MAY BE YOU WHO NEEDS AND GETS THAT HELP  
RETURNED.*



# *Remember when volunteering*

- All personality types come together
- You will meet people from all walks of life with different approaches to doing things
- You will need sometimes great patience and a closed mouth
- Treat each other with respect
- You can learn from each other and grow as an individual and as a group with the diversity



# *Remember when volunteering*

- Volunteering is considered an altruistic activity, intended to promote good or improve human quality of life.
- People also volunteer for their own skill development, to meet others, to make contacts for possible employment, to have fun and a variety of other reasons that could be considered self-serving.
- Volunteerism is the act of giving yourself to something you believe. Some individuals can be in it for the wrong reason.....don't let that discourage you.



# *Cultivate the seed*

- Cultivate a habit
- Attitude of gratitude
- Becomes a habit that will benefit you for a lifetime



## *A grateful heart*

Once awakened, it will influence what we notice, how we feel, and even how we work.

The incalculable reward of being generous comes from the awakening gratitude within our own hearts.

To get what you've never had; you must do what you've never done.



# Mother Teresa and Vince Lombardi

“It is not how much we give but  
what we put into giving”

“There is only one way to  
succeed in anything and that  
is: **to give it everything**”

Let the “sunshine” cultivate a big crop of  
volunteers in 2012!





*It is a matter of choice, life takes meaning  
when you set goals and are motivated to  
charge after them!*

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