

Coach's Corner

Does your heart want to make a difference?

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Research shows that people who contribute to society feel better about themselves. Health and happiness, as it turns out, is feeling engaged in life. What am I suggesting? Try volunteering for something you feel deeply about. Why would you want to do such a thing when you have so many needs yourself? What's in it for you? A whole lot!

- Bringing happiness into the lives of others also brings happiness into our own lives.
- When we help others, we see how valuable we are.
- Helping others takes our minds off ourselves. It is hard to feel lonely when we are helping others.

We want people to be glad we are here. Volunteering is a way to do this. I get more from volunteering than I give and it has only enriched my life.

Coaching Question: Where do you want to make a difference? What is stopping you?

Coaching Tip: Think about volunteering in areas that have a special interest to you.

Homework: Children need tutoring, people in crisis need an empathetic listener, hospitals, schools, museums, theaters, musical organizations, food banks, literacy centers, parks, and our own Northwest Kidney Centers could use a helping hand. Start as small as you need to.

Quote: "Help your brother's boat across, and your own will reach the shore." –Hindu Proverb

Resources: Contact NKC's Volunteer Program Coordinator, Syrenka Slettebak, at (206) 292-2771, ext. 5355, your local Salvation Army or United Way, or visit www.volunteermatch.org