The Value of Volunteering

*Updated February 2024*

Volunteer involvement has a powerful impact on the community, organizations, and individuals.

Learn more reasons why you should volunteer:

* **Volunteering is vital for strong and connected communities.**
	+ It promotes change and development through the collective efforts of those who know the community best.
* **Volunteering builds relationships and expands networks.**
	+ It creates opportunities for non-profit organizations to accomplish their goals by involving volunteers and allows volunteers to connect with and contribute to building community.
* **Volunteering builds the capacity of sports organizations**
	+ Volunteers increase the capacity of sports organizations to accomplish their goals through programs and events.
* **Volunteering promotes a sense of belonging and improves general well-being.**
	+ Volunteering can provide a profound sense of purpose and accomplishment by making a positive impact.
	+ It connects people to the causes they care about.
* **Development of new skills and knowledge.**
	+ A key benefit of volunteering in sports is the development of leadership and communication skills.
	+ Volunteering offers hands-on practical experience and can be added to your CV to improve job prospects.