



EMERGING VOLUNTEERS TOOLKIT

Society for Public Health Education, Inc.



"Start where you are. Use what you have. Do what you can."
– *Arthur Ashe*

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Executive Summary



This toolkit serves in conjunction with an online course as an introductory resource for community and public health professionals who are seeking to maximize their SOPHE membership benefits, learn tips on how to become an impactful leader and volunteer, and develop into a SOPHE leadership role. The informational course is offered to expand on these ideas which comprise of five modules, including:

- 1) a webinar
- 2) a SOPHE website scavenger hunt
- 3) an interview with a SOPHE leader
- 4) a reflective article, and
- 5) goal setting activity

The module should take approximately two hours to complete and does not need to be completed all at once. However, it is strongly recommended that you complete the five-part module within thirty days of starting. Completing the Emerging Volunteers modules will give you knowledge of SOPHE's history and volunteer leadership opportunities, as well as the chance to develop our personal and professional leadership goals.

Part I: Get to Know SOPHE



Mission:

To provide global leadership to the profession of health education and health promotion and to promote the health of society.

Vision:

A healthy world through health education.

Values:

- Responding to the needs of its members
- Delivering quality products and services
- Demonstrating integrity, accountability and transparency
- Promoting teamwork and collaboration
- Embracing diversity
- Respecting organizational tradition while encouraging innovation

Our Members:

SOPHE is comprised of students, faculty and academics, health education and promotion practitioners, government employees, at the local, state and federal level, policymakers, chronic disease directors, state and local health officials in the United States and internationally.

Membership Benefits:

Personal & Professional Development

Connections

Journal Access

Member Directory

Public Policy & Advocacy

This webinar provides information about SOPHE's mission, history and structure. Within this 37-minute virtual classroom, you will be provided with information about leadership and volunteer opportunities and the benefits of volunteering within SOPHE.



Emerging Volunteers: *First Steps to Successful SOPHE Service*



This webinar, will highlight three key areas of focus to show how SOPHE leads the way in community health education and promotion.

Part II: Scavenger Hunt

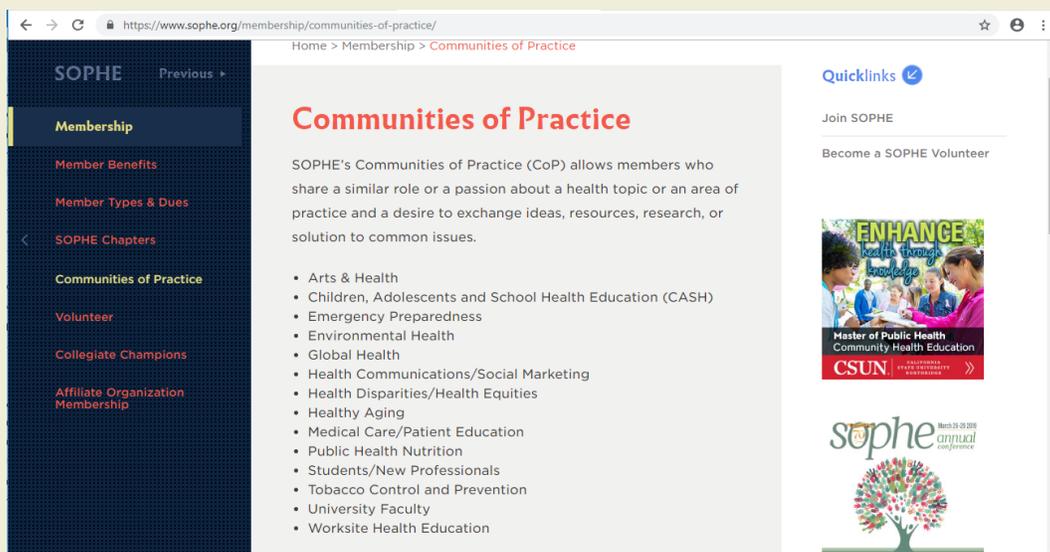


Maximize the potential of your membership by knowing how to navigate SOPHE's website!

Ways to get involved with

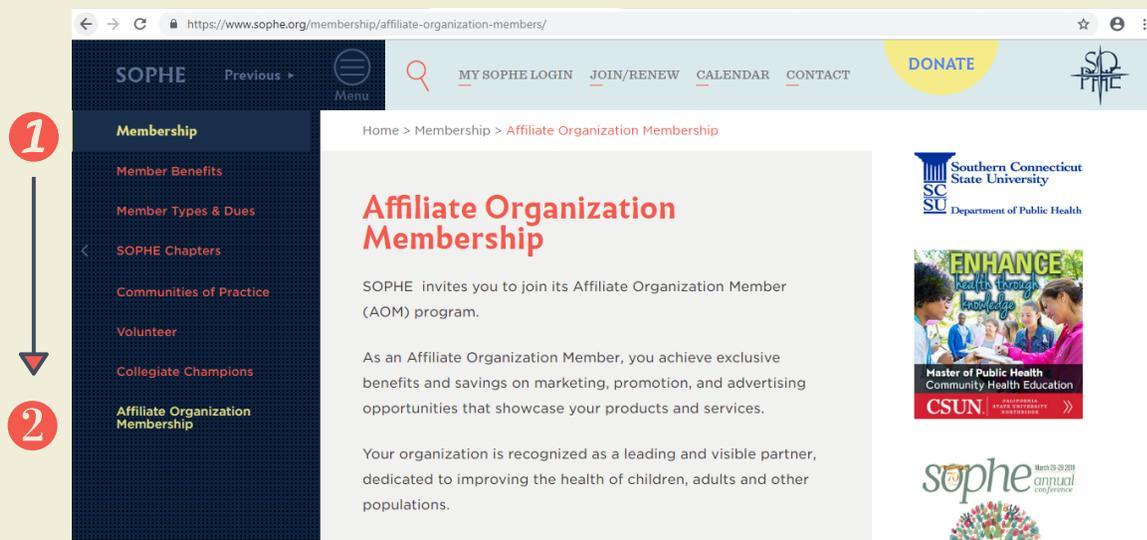
SOPHE:

Communities of Practice (CoP)



In addition SOPHE has over 20 committees! Visit the Membership page to learn about our volunteer & partnership opportunities!

Affiliate Organization Membership (AOM)



[For inquiry: Contact Heather Flattery, Manager of Membership & Marketing : hflattery@sophe.org]

Part III: Read & Reflect



Volunteer Board Members: Taking the Lead

Read *Taking the Lead* to learn about three individuals who have done whatever it takes to become the professional they aspire to be. After, take time to reflect on what you have read. Understanding what pieces you can contribute to the puzzle is imperative to becoming a leader.

"Stepping into a volunteer leadership position is a serious commitment, but the rewards of board service—in terms of professional and personal development—make it well worth it..."

- Melanie D.G. Kaplan

"Being part of an organization like SOPHE can help you be the best YOU. Take the leap of faith to get involved, join committees and be seen as peers within the profession."

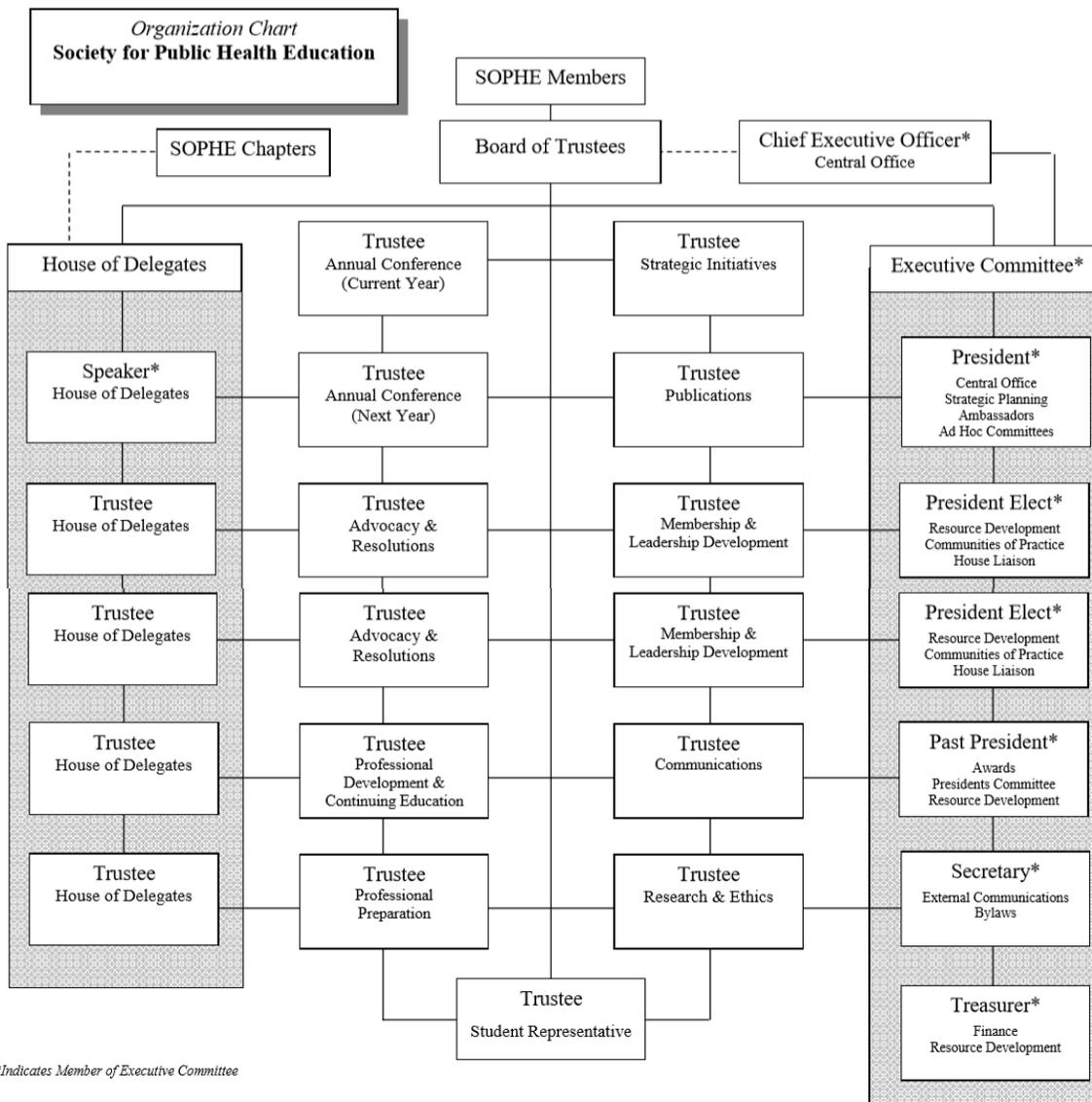


**Dr. Amy Thompson – SOPHE
Board of Trustee**

Part IV: Interview a SOPHE Leader



The interview section is designed for you to connect with a current SOPHE leader and learn more about their experience with the organization. A template of interview questions is provided to help facilitate the conversation. Find a list of SOPHE leaders at sophe.org



To focus in on your leadership journey, you should set goals. In this section it is encouraged that you write realistic goals related to volunteering with SOPHE.

A goal gives you direction and helps keeps you motivated. Goals should be Specific, Measurable, Attainable, Realistic, and Time-bound (commonly referred to as "SMART" goals).

Ask yourself:

What committee or volunteer experience at SOPHE am I most interested in right now?

You are 42% more likely to reach your goals by simply writing them down regularly.

- Gail Matthews, PhD

Leadership Opportunities with SOPHE



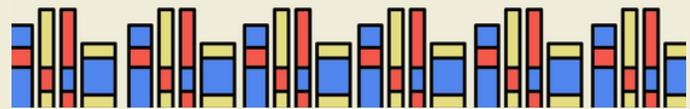
Don't sit on the sidelines! Become an active member, join a committee or become a Collegiate Champion!

SOPHE's student-focused opportunities are essential to your development as an emerging health education leader.

We offer all member benefits at 50 percent of the dues cost, making SOPHE an affordable option for students.

As a collegiate champion you not only get the benefits of membership, but also get to boost your resume by representing SOPHE at the collegiate level in service learning as well!

COLLEGIATE CHAMPION PROGRAM



SOPHE COMMITTEES

SOPHE committees are chaired by the Board of Trustees, and co-chaired by passionate SOPHE members.

There are over 20 committees that allows SOPHE to be a growing, dynamic nonprofit professional organization representing the discipline of health education and health promotion.

Participation as a volunteer is applicable for CHES credits!

Visit www.sophe.org/membership/ to learn more!

Contact SOPHE

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