

WHY AM I HERE?

A Closer Look at Our Board Service



Virginia Association Of
Community Services Boards, Inc.
Making a Difference Together

VACSB TRAINING & DEVELOPMENT CONFERENCE
Norfolk Waterside Marriott - May 2025
PRESENTED BY: VALERIE JAMES ABBOTT



WORKSHOP FACILITATOR

Valerie Abbott

Past Board Member:

Henrico Area Mental Health & Developmental Services Board

Currently Employed at:

**Parent Infant Program @ Henrico Area Mental
Health & Developmental Services Board**



WELCOME!



OBJECTIVES

During our time together, we will seek to:

- **Identify the most common motivations behind volunteerism and community service**
- **Discern the real reasons we have accepted the invitation to serve on a board**
- **Recognize how our underlying motivation influences how, what, and why we contribute to discussions and decision-making.**
- **Respect the motivation of other board members**

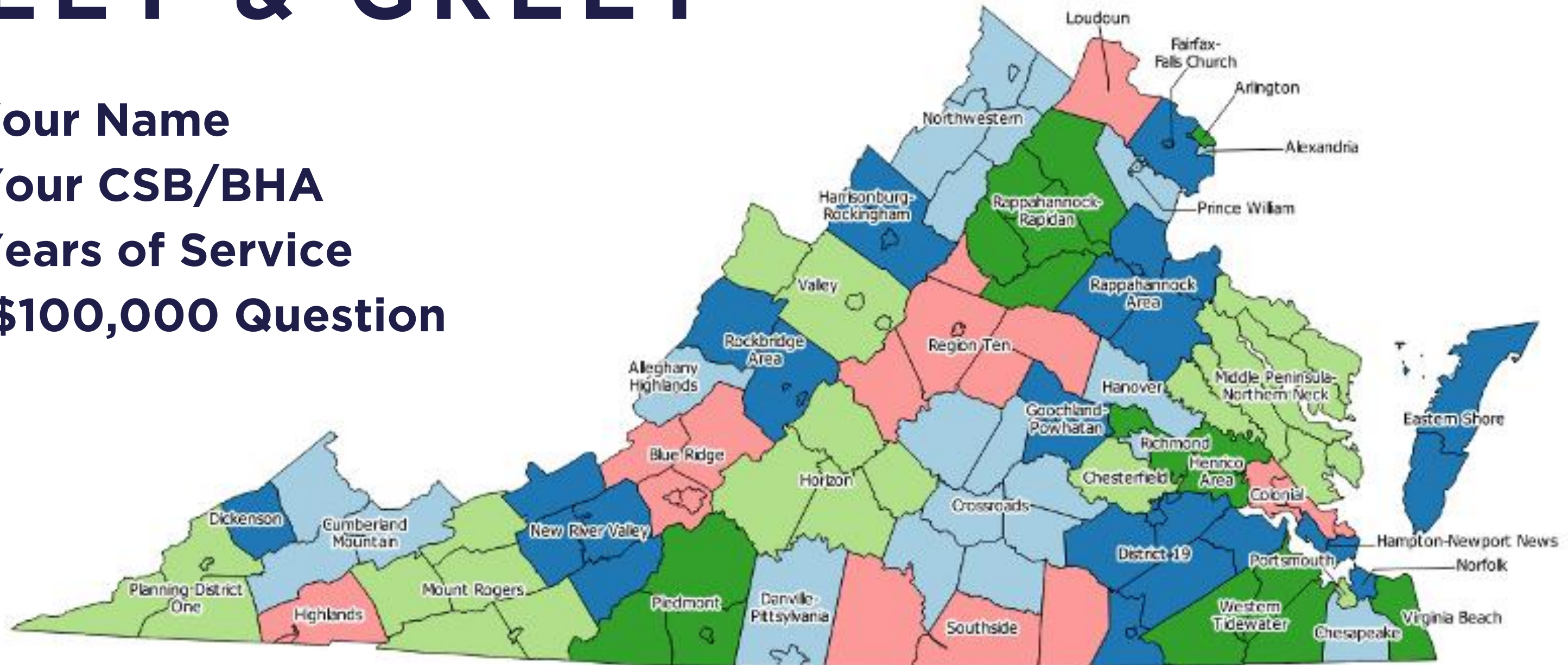
AGENDA

- **Meet & Greet**
- **The Abbott Family Story**
- **Why are YOU Here? Exploring the Top Motivators Behind Board Service**
- **Identifying Our Personal Motivations**
- **Respecting the Motivations of Others**
- **Review of the Benefits**
- **Q&A**



MEET & GREET

1. Your Name
2. Your CSB/BHA
3. Years of Service
4. \$100,000 Question



Map Source: www.saara.org/browse-resources/community-service-boards

THE ABBOTT FAMILY STORY



THE ABBOTT FAMILY STORY



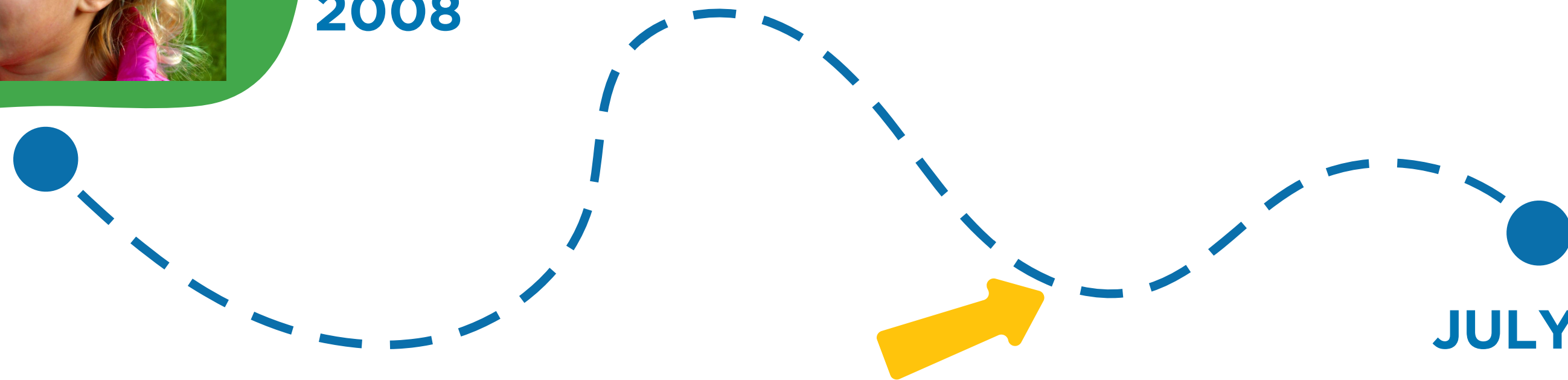
**Infant & Toddler Connection
of Henrico, New Kent & Charles City**



THE ABBOTT FAMILY STORY



**MAY
2008**



**JULY
2021**



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Adapted from the Family Leadership in Language and Learning (FL3) Website at <https://handsandvoices.org/>

QUESTION



Why am I here?



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You're
Invited



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QUESTION



***Why am I here
...really?***



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LET'S TAKE A CLOSER LOOK



TOP MOTIVATORS

1. VALUES	2. COMMUNITY CONCERN	3. ESTEEM ENHANCEMENT	4. UNDERSTANDING	5. PERSONAL/ PROFESSIONAL DEVELOPMENT
• •	• •	• • •	• •	• • •

Adapted from Helping others, helping ourselves. Monitor on Psychology.
APA.org

MY BOARD SERVICE

- Westover Hills Retail Merchants Association (#5)
- Crestview Elementary School PTA (#4, #2, #1)
- Hollins University Alumnae/i Board (#1, #4, #3)
- Virginia Hands & Voices Board (#2, #5)
- Virginia Early Hearing Detection & Intervention Advisory Committee (#4, #5, #3)
- St. Stephen's Episcopal Church Family Ministries Guild (#1, #2, #3)
- Henrico Area Mental Health & Developmental Services (#4, #2)



YOUR BOARD SERVICE

- **My very first board service**
- **Another board service**
- **My CSB/BHA board service**
 - **First Year**
 - **Current Year**



TOP MOTIVATORS

1. VALUES	2. COMMUNITY CONCERN	3. ESTEEM ENHANCEMENT	4. UNDERSTANDING	5. PERSONAL/ PROFESSIONAL DEVELOPMENT
• Volunteering to satisfy personal values or humanitarian concerns. • For some people this can have a religious component.	• Volunteering to help a particular community, such as a neighborhood or ethnic group, to which you feel attached. • Volunteering to improve a community where we live, work, learn or play.	• Volunteering by offering your unique skills or knowledge. • Volunteering to be seen and appreciated by others. • Volunteering to influence people or an outcome (power).	• Volunteering to gain a better perspective of other people, cultures, or places. • Volunteering to better understand how an organization works.	• Volunteering to gain knowledge, experience or practice. • Volunteering to challenge yourself, meet new people and make new friends. • Volunteering to grow your personal or professional network.

Adapted from Helping others, helping ourselves. Monitor on Psychology.
APA.org

MEET & GREET DISCUSSION

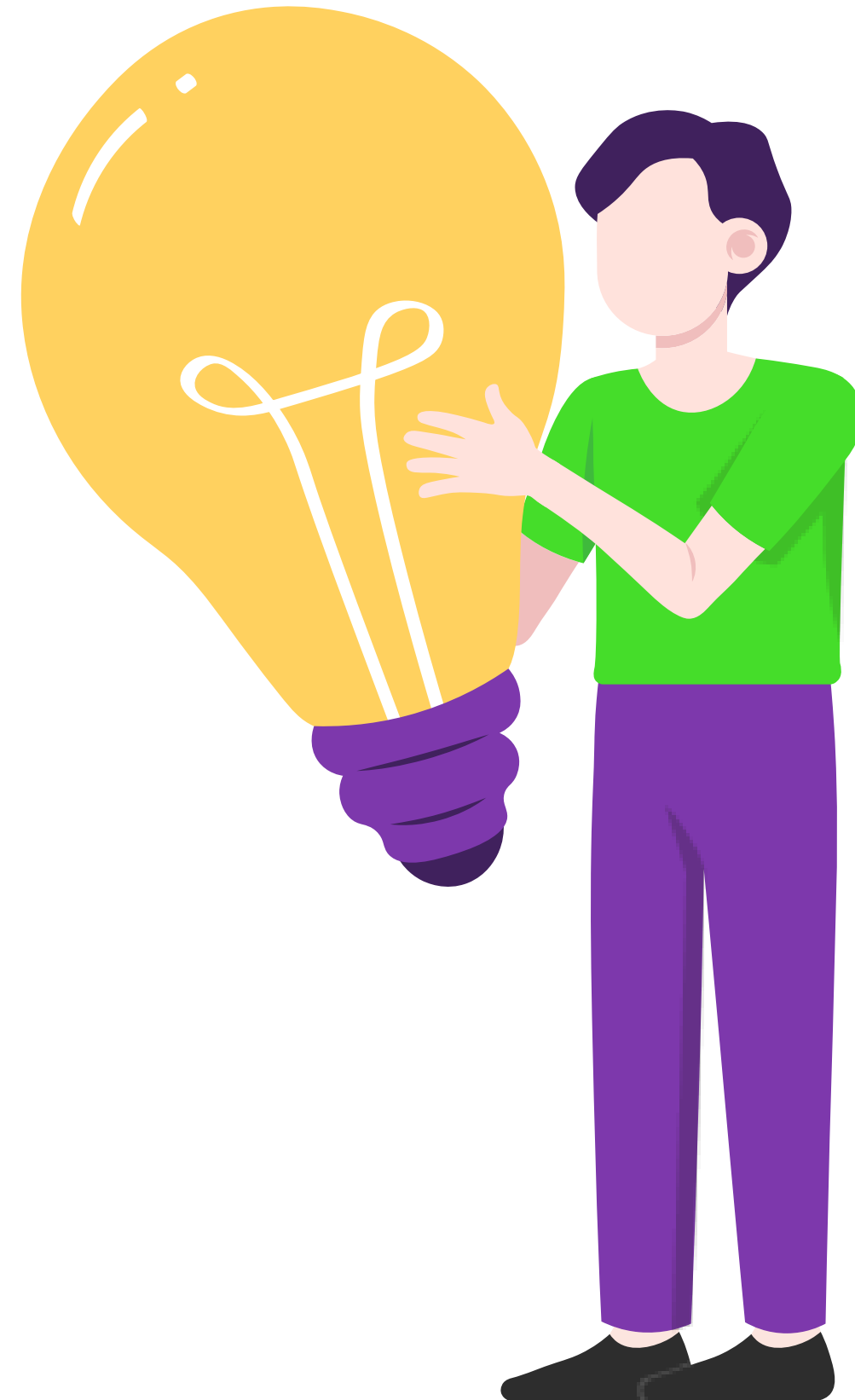
- Who Served on a Board Because (at least in part) it:
 - #1 VALUES
 - #2 COMMUNITY CONCERN
 - #3 ESTEEM ENHANCEMENT
 - #4 UNDERSTANDING
 - #5 PERSONAL/ PROFESSIONAL DEVELOPMENT



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AHA MOMENT

The Merriam-Webster Dictionary defines an “AHA!” moment as “*a moment of sudden realization, inspiration, insight, recognition, or comprehension.*”



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QUESTION



***I think I know
why I'm here.***

***Why are the
others here?***



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OUR MOTIVATIONS ARE DIFFERENT



WHY IS THIS IMPORTANT TO KNOW?



WHY IS THIS IMPORTANT TO KNOW?



WHY IS THIS IMPORTANT TO KNOW?



WHY IS THIS IMPORTANT TO KNOW?



MEETING THE MOTIVATIONS OF MEMBERS

IMPACTS BOARD MEMBER:

- Recruitment
- Attendance
- Engagement/Participation
- Collaboration
- Decisions
- Camaraderie
- Turnover
- Making a Meaningful Difference





***I'm really
enjoying my
board service.***

***I think I'll
continue
serving and
nominate
others, too.***



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THANK YOU!

Let's keep in touch!

Valerie Abbott

Henrico Area Parent Infant Program
(aka Infant & Toddler Connection of
Henrico, New Kent & Charles City)

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RESOURCES

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