

Volunteering with AOTA: It Is Easier Than You Think

Yvonne Randall, EdD, OTR/L, FAOTA
Wendy Hildenbrand, MPH, OTR/L, FAOTA
Lindsey Lawrence, BGS, COTA/L, ROH
Pamela Toto, MS, OTR/L, BCG, FAOTA
Carol Gwin, OT/L

April 25, 2009



ENERGY! Create it. Share it.



Email Addresses

- Yvonne Randall
 - Yvonne.randall@tun.touro.edu
- Wendy Hildenbrand
 - WHILDENB@kumc.edu
- Lindsey Lawrence
 - lindsey.lawrence@kctcs.edu
- Pam Toto
 - PEToto25@aol.com
- Carol Gwin
 - CGWIN@aota.org



ENERGY! Create it. Share it.



Session Abstract

Would you like to be a member of an AOTA work group or run for an AOTA office? This session assists practitioners, through personal leadership stories from experienced leaders, to gain the knowledge needed to take on leadership roles within AOTA. The benefits of assuming leadership roles and an overview of leadership opportunities will be highlighted.



ENERGY! Create it. Share it.



Session Objectives

- Identify personal goals for advancing individual leadership responsibilities within the profession and AOTA.
- Learn strategies that will help in becoming a volunteer with AOTA.
- Gain knowledge about the AOTA Nomination Committee functions and how to run for a leadership position within AOTA.



ENERGY! Create it. Share it.



Personal Goal/Objective

- Each of you came to this session with:
 - leadership ideas
 - Leadership questions
 - Leadership anxiety
 - Leadership skills
- List one or two personal goals/objectives related to volunteering with AOTA.



ENERGY! Create it. Share it.



AOTA Initiatives for Professional Involvement and Leadership



ENERGY! Create it. Share it.



Changing Volunteer Leadership

- AOTA
 - “Recession” = Very Challenging Time
 - The way we volunteer is changing drastically
 - Technology a very important part of future endeavors
 - Live meetings, listservs, conference calls, and OT Connections
 - Basic tools at this time
 - Hard to predict how we will look one year from now
 - Change and Challenge = EXCITEMENT and ENERGY!!



ENERGY! Create it. Share it.



Participation Review Ad Hoc

- Board Motion-Review of “current methods and processes that support member participation in the Association including governance, workforce, and networking opportunities and structures.”
- Evaluate “needs and desires of members, and models of participation that will align” us with our pursuit of Centennial Vision.



ENERGY! Create it. Share it.



Participation Review Ad Hoc

- What do we do right and what do we do wrong
- How can we move forward effectively and efficiently based on the ever-changing needs of our profession



ENERGY! Create it. Share it.



Participation Review Ad Hoc

- Committee formed-Consultant assisting
- Research of current trends/best practices of other professional societies
- 27 qualitative phone interviews done prior to conference
- Random select survey of members-March
- 3 Invited Focus Groups in Houston



ENERGY! Create it. Share it.



Participation Review Ad Hoc

- Meeting in June to analyze everything and make some decisions
- Report to the Board – will decide how to proceed
- Anticipate very active dialog throughout the volunteer component of the Association



ENERGY! Create it. Share it.



Emerging Leaders

- RA Charge in 2008-Ad Hoc
- Bring new practitioners into the leadership pipeline
- Contingent on budget being approved



ENERGY! Create it. Share it.



Emerging Leaders

- 10-15 New Practitioners will:
 - Pair with existing leaders-understand their volunteer work; take on a project
 - 2 day training-Bethesda
 - Work together for 9-12 months
- Evaluation of processes, content, outcome

Bang for the Buck!



ENERGY! Create it. Share it.



AOTA Opportunities

- C.O.O.L. (Coordinated On Line Opportunities for Leadership)
 - One stop shopping where all leadership opportunities will be housed-match to needs
 - Link to database from AOTA Home Page
 - State Presidents will post requests and receive information
 - Implementation??????



ENERGY! Create it. Share it.



AOTA Opportunities

CAROL's RULES TO REMEMBER

Not Everyone Runs for President of AOTA

- You are not allowed to be intimidated by the thought of doing something for AOTA
- Many opportunities exist for novice to seasoned members-elected or appointed leadership positions



ENERGY! Create it. Share it.



So the journey begins....



ENERGY! Create it. Share it.



Volunteer Journey

- Where does Your Path Begin?
 - Successful journeys begin with a plan
- Who are the People that will help you succeed in your Journey ?
 - Surround yourself with people who also want you to succeed
 - The process helps you achieve your desired results



ENERGY! Create it. Share it.



Mentors

- Defined as... "a trusted counselor or guide" (Webster's Dictionary)
- How would you choose a mentor?
- Formal vs. Informal
 - General vs. Targeted Mentoring
 - Written vs. Assumed Expectations
- Length of relationship
- Who benefits?
- When to say goodbye...



ENERGY! Create it. Share it.



Membership

- Active Membership
 - State and National Levels
- Your Voice Counts
- Types
 - Professional Organizations
 - Specific Interest Areas



ENERGY! Create it. Share it.



Strategies for Volunteering

- Do you have a long range career plan?
 - Will this volunteer experience advance your career plans?
- Getting your “foot in the door” vs. waiting for the best match
- Opportunities of specific volunteer options
- Opportunity costs of specific volunteer options



ENERGY! Create it. Share it.



Strategies for Volunteering cont'd.

- Is starting “small” always the best first step?
- “...but its too good of an opportunity to resist....”
- Strategies for success (or to avoid being in over your head!)
 - Good Organization
 - Networks/Contacts
 - Realistic goal setting
 - Transparency



ENERGY! Create it. Share it.



Volunteering: Local to National

- Local
 - College/University
 - Professional mentors
 - Guest lectures
 - Fieldwork education
 - Student Occupational Therapy Association
 - Pi Theta Epsilon



ENERGY! Create it. Share it.



Volunteering: Local to National

- State Associations
 - Board of Directors
 - Elected positions
 - Appointed positions
 - Committee members (standing or ad hoc)
 - Student representative
 - Event/task specific volunteer
 - Conference
 - Presenter / Volunteer



ENERGY! Create it. Share it.



AOTA is waiting!
Are you ready??



ENERGY! Create it. Share it.



Reasons People Use to Avoid Volunteer Opportunities

- Not enough time
- Not enough credentials
- Not enough skills
- Not enough contacts
 - The same ole people stay in leadership
 - why try?



ENERGY! Create it. Share it.



AOTA Opportunities

How do I begin?

- What are your specific interests? Passion?
- What skills do you have/want to develop?
- How much time can you devote?
 - Short Duration
 - ad hoc committees, reviewer for official documents, conference papers, conference volunteer
 - Long Duration
 - commission/council member, elected office
- What skills do you have/want to develop?



ENERGY! Create it. Share it.



Grow your Leadership Practices

(Kouzes & Posner, 2006)

- Model the Way
 - Finding your voice; Setting the example
- Inspire a Shared Vision
 - Envisioning the future; Enlisting others in a common vision
- Challenge the Process
 - Searching for opportunities; Experimenting and taking risks
- Enable Others to Act
 - Fostering collaboration; Strengthening others
- Encourage the Heart
 - Recognizing contributions; Celebrating the values and victories



ENERGY! Create it. Share it.



AOTA Opportunities

Current Options to Locate Options

- AOTA Website
 - One Minute Updates
 - Leadership & Governance
 - “Call to Action”
 - Individual Sites – ACOTE, Conference, AOTPAC
- *OT Practice* (News)
 - Article reviewers, SIS reviewers, AOTPAC, Call for Nominations



ENERGY! Create it. Share it.



Specific Volunteer Opportunities

- Association of State Affiliated Presidents
- Representative Assembly
- Special Interest Sections
- World Federation of Occupational Therapy
- ACOTE
- AOTPAC
- Board of Directors



ENERGY! Create it. Share it.



Representative Assembly

- Everyone in the RA is a Leader
 - State/Election Area Representatives
 - OTA Representative
 - WFOT Representative
 - ASD Representative
 - RA Leadership Team (RALT)
 - RA Commission/Council Chairs
 - AOTA Officers
 - AOTA Executive Director
 - AOTA Staff



ENERGY! Create it. Share it.



Okay...Here's your chance!!



ENERGY! Create it. Share it.



AOTA Nominating Committee

- Call for Nominations
 - Posted on AOTA Website and in publications
- Nomination Form / Position Statement
 - Available on the AOTA Website
- Vetting Process
- Campaign Guidelines
- AOTA Election
- Rotation Schedule for AOTA Offices
- Are you interested in running? Contact!



ENERGY! Create it. Share it.



2010 Call for Nominations

- AOTA Secretary
- Board of Directors (2)
- WFOT position (2)
- SISC Chairperson-Elect
- COP Chairperson-Elect
- CCCPD Chairperson-Elect



ENERGY! Create it. Share it.



Panel Questions

- Thank you for your time and interest in our topic this morning!
- We look forward to seeing you in future volunteer positions!



ENERGY! Create it. Share it.

