

Volunteers Fight Billion Dollar Burnout Crisis on Int'l Volunteer Day

Dr ck Andrade, VolunteerMatch, and others fight the billion-dollar volunteer drop-out crisis with no cost burnout prevention webinars for thousands on Dec 5th

SOUTH SAN FRANCISCO, CA, USA, November 26, 2014 /EINPresswire.com/ -- Community service volunteers are an invaluable resource and volunteer burnout is a billion-dollar global problem. On International Volunteer Day -- December 5th, 2014 -- Dr. ck Andrade is collaborating with VolunteerMatch, and other non-profit organizations, to teach thousands of volunteers around the world burnout prevention strategies through pro bono 'Burnout Proofing' webinars sponsored by Citrix GoToWebinar and ['60 Stress Busters for Volunteers'](#) booklets.



"Tired? Overwhelmed? Over-Committed?"

Stressed? A volunteer? There's a real link between feeling stressed and juggling volunteer work and personal obligations. Volunteers are vulnerable to stress and can experience high levels of stress stemming from their 'helping personalities', their personal lives, and their volunteer experiences," says Dr. Carla-Krystin 'ck' Andrade, a Health and Wellness Strategist and the creator of 'Help More, Stress Less©.' "1 in 3 volunteers drops out. Stress can lead to volunteer burnout and volunteer drop out. Our goal is to teach thousands of volunteers on International Volunteer Day so that they never burnout"

Volunteers can learn tips for low-stress volunteering and burnout prevention in 3 ways:

1. Join a no-cost 1-hour global 'Help More, Stress Less©' webinar with Dr. ck Andrade on Friday, December 5th 2014 at 10 AM, 1:00 PM, 3PM or 6PM EST. Email burnoutproof@gmail.com for registration details. In these webinars, volunteers will learn the signs of burnout and easy steps they can take to burnout-proof their lives and get more out of volunteering. They can join the webinars by telephone, online, smart phone or tablet.
2. Get a complimentary copy of the burnout-proofing booklet '60 Stress Busters for Volunteers' (<http://www.amazon.com/dp/B00PSKWHAS>) on Amazon Kindle from December 5th to 9th, 2014.
3. Learn about burnout with "[Burnout or Stand Out](#)" on YouTube at

<https://www.youtube.com/watch?v=XVO2PqK12Zo>

Approximately 971 million people worldwide participate in volunteer work each year and volunteers' work contributes about US\$1.348 trillion to the global economy annually, according to Johns Hopkins' Volunteer Measurement Project. Consequently, the average 34 percent drop out rate has a significant price tag (Corporation for National and Community Service).

"Understanding what stops people from volunteering is as important as understanding why they volunteer. As a leader of volunteer engagement, understanding the role that stress plays in volunteer attrition, and how to identify and prevent that burnout, is an important key to creating a comprehensive volunteer engagement program," notes

Jennifer Bennett, Senior Manager of Education & Training at VolunteerMatch.

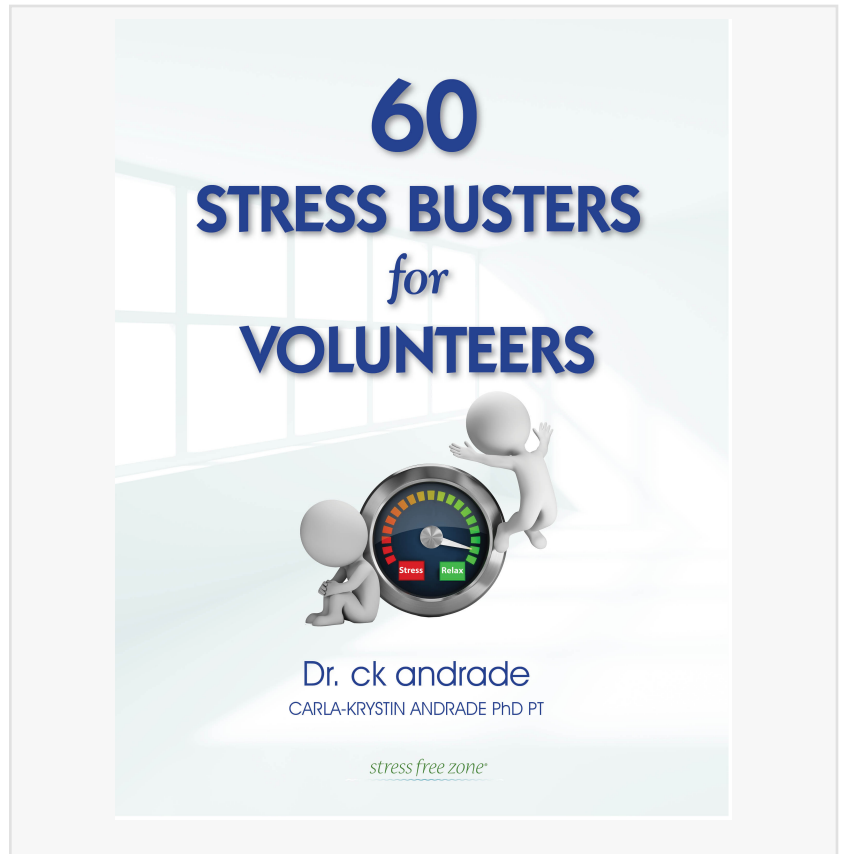
Volunteers can learn more about the December 5th burnout-proofing events at burnoutproof@gmail.com.

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