

If you want to develop as a person, advance a worthy cause, or work to solve an Association problem, then volunteering in MNSSPA will offer many benefits in appreciation for the gift of your time and expertise.

### WHY VOLUNTEER?

People volunteer for a wide variety of reasons, especially wanting to help others. But it's also okay to want some benefits for yourself from volunteering. Instead of considering it as something you do **for** people, think of it as an **exchange** or a **pay-it-forward plan**, knowing that giving your time and talents now will benefit you later. As long as you are truly serving through your volunteer work, isn't it wonderful that such an exchange can occur? In fact, it tends to strengthen your commitment to volunteering when you can see the benefits to both the recipient of your efforts and to yourself.



**Reap the rewards of achieving a goal through cooperation and teamwork.**



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**TOGETHER ...  
With purpose...  
We can make  
a difference**



**VOLUNTEERING IN  
MNSSPA**

To Volunteer, go to  
[www.sspatoday.com](http://www.sspatoday.com)  
and follow the links or call

**952.925.9731**

## REASONS TO VOLUNTEER

### Build your confidence

By sharing new experiences with new people, you can learn new skills that can give you confidence to face challenges in other areas of your life. How satisfying is it to feel needed, to get to know a community and to have an impact from accomplishment.

### Make new friends and networking connections

There's no better place to meet likeminded individuals than through volunteering. Working together to bring about change allows you to meet new people who may have a huge impact on your business or career. Volunteer positions are great to list on résumés and show others that you are ambitious, enthusiastic and care about your community.

### Create more fun in your life

Many people are surprised at how much fun it can be to volunteer. Not every volunteer experience is the same, but by finding an opportunity that matches your interests, you have a good chance of having fun while giving time.



**WE made a difference!  
YOU can, too!**

### Improve your health—really!

There is evidence that volunteering can improve your health. In "The Healing Power of Doing Good", writer Allan Luks found medical and scientific documentation supporting the health benefits of volunteering, including a heightened sense of well-being and a stronger immune system.

## VOLUNTEERING FOR SUCCESS— LEADERSHIP ROLES

### BOARD OF DIRECTORS

A diverse group of leaders is needed to reflect our membership of hair stylists, nail technicians, estheticians, salon owners and managers, school owners and managers, students and other industry professionals. Insight and representation from across the spectrum of membership will help to move the Association forward in its purpose of improving lives of the beauty industry professional. The term of office for a director is a two-year commitment.

### MNSSPA COMMITTEES

There are so many ways you can help MNSSPA accomplish its goals. Current committees that would welcome fresh thinking, new insights, or past knowledge are:

- Membership and Marketing
- Student/Schools Outreach
- Administrative
- Education
- Finance
- Legislative
- Long Range Planning
- Nominating
- INsalon
- Spring Event
- Cancer Wig Foundation

**Will you fill this chair on a committee?**



## VOLUNTEERING IN MNSSPA



*It's the thing to do...*

(See our Committee brochure for more detailed assignment descriptions and further information.)

Email us at [volunteer@spsatoday.com](mailto:volunteer@spsatoday.com) for more information