

Shift Your Thinking



with

Mo
Shapiro

NAVSM

National Association of Voluntary Services Managers
Leading volunteering in the NHS and Healthcare

Lets Get Creative



- In one minute, list as many words as you can to describe your item.
- No censors
- Use **all** these words to create an elevator pitch to volunteers

Enthusiasm And Energy



“It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome. ”

William James

Emotional Fitness



It's not what people say...

“ No-one can make me feel inferior without my consent”

Eleanor Roosevelt

Shift Your Thinking

- Focus on what works
- Collect successes
- Stand in your spotlight



Recognise Your Contribution

“If you think you are too small to make a difference, try spending the night with a mosquito.”



What's Next?



“The best thing you can do is the right thing

The next best thing you can do is the wrong thing

The worst thing you can do is nothing”

Theodore Roosevelt

Who or What Inspires Me?

- **Name:**

Victoria Wood

- **Key Qualities:**

Generous
Creative
Funny



