

MY VIEW



Founder Wayne Fortin



Virtue Compass Development of a TIP Volunteer

NOTE: The following MY VIEW is contributed by Jocelyn Libby. Jocelyn has been a TIP volunteer for 13 years in our TIPNW Affiliate. She also has been a national trainer for 6 years. As a national trainer Jocelyn has presented the following lecture that she wrote at the TIP Training Academy as a way of enhancing the current lectures on Day 4. I plan on including this lecture in the next revision of the training manuals. In the meantime, I wanted to share it with TIP managers and trainers. I think it's a wonderful way of describing the process of growing as a TIP volunteer. Hopefully you will share Jocelyn's MY VIEW with all current TIP volunteers.

Sometimes volunteers ask how they can become a great TIP volunteer. I think that becoming one is not a distant shore; a destination we get to. Instead, I think being a great TIP volunteer is embodying virtues that we use as a guiding star.

Here are some of the virtues I find helpful as a TIP volunteer and try to live by:

I think it takes **Wisdom:**

Knowing what kind of volunteer you want to be and doing that well.

I think it takes **Self Mastery:**

Mastering the EFA skills and knowing how to use each skill at the right time.

I think it takes **Kindness:**

Towards staff who work 24/7 to provide TIP support in the community.

Towards your Support Team who help our program run smoothly.

Towards our co-volunteer who, just like us, are giving the gift of their time.

Towards first responders who are working hard to keep our community safe.

Towards survivors who are in the midst of a crisis and deserve support.

I think it takes **Courage:**

Doing what we need to do, even in the presence of fear. Getting out of our Comfort Zone. Leaving the security of our home and walking up to a stranger's door to provide support. That takes courage.

I think it takes **Gratitude**:

For Staff, who manages such an incredible program.

For Support Team, who cares for us while we are responding to calls.

For fellow volunteers, who pair with us in providing support.

For first responders, who trust us enough to call us to partner with them.

For survivors, who allow us into their lives on one of the worst days of their lives.

I think it takes **Curiosity**:

Knowing what we're doing well, what needs work, and how we might continue to grow. To be willing to give and receive gentle feedback with those we work with.

I think it takes **Zest**:

Having the energy to bring our best selves to this work.

This comes by focusing on the fundamentals of self-care: Eating. Moving. Sleeping. Relating. Taking care of ourselves so that we can care for others.

I think it takes **Hope**:

Belief that people can survive tragedies.

One component of hope is a sense of agency, knowing that you can make a difference in someone's life. To create a grateful memory that is stored on the survivor's memory tape.

There are no perfect TIP volunteers, and neither you nor I are going to be the first. But we can be great, and we do so by embodying these virtues.