



# ENGAGING THE GROUP

## IN LEADERSHIP & VEDA ACTIVITIES

### A VSGN Leadership Series Discussion

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1. Why we need to engage others in leadership: burnout
  - a. Support group (SG) leaders burn out because:
    - i. They have their own personal responsibilities.
    - ii. Running a group is a lot of work.
    - iii. They may have vestibular symptoms that impact them.
2. How do you engage SG members in leadership: ASK
  - a. Let the group know that you need their help to keep meetings going.
    - i. Sometimes if the group realizes that the meetings may become less frequent or stop if you don't get help, they will be motivated to step up and help.
  - b. Have a list of duties available and share it at each meeting.
  - c. Ask specific people to help in a specific way.
    - i. Learning about what they are good at and/or interested in may help you make a more targeted ask.
    - ii. Let them know that they do not need specific skills or training - there are lots of ways to help.
  - d. If everyone did one small thing, it would make a big difference.
  - e. When people are engaged they feel more responsible for the group. This can enhance attendance and group cohesion.
3. Model: Have a facilitator and an administrator (team)
4. Model: Have a leader and delegate specific duties, e.g.:
  - a. Lead a particular meeting's discussion.
  - b. Recruit a guest speaker.
  - c. Take meeting minutes.
  - d. Room setup and cleanup.
  - e. Send out meeting reminders.
  - f. Distribute VEDA info.
  - g. Greet new members.
  - h. Manage the sign in sheet & registration materials.

VESTIBULAR DISORDERS ASSOCIATION



- i. Have someone who follows up with new members to make sure they are getting what they need.
5. Model: Ask family members of SG attendees to become involved in leadership.
  - a. Ask attendees to ask them.
  - b. Ask attendees for their contact information.
  - c. Send attendees home with an information sheet on how to get involved.
6. Leadership meetings:
  - a. Meet 1-2 times per year to touch base.
  - b. Discuss what's working and what's not.
  - c. Brainstorm more ideas for how to keep the group interesting and get more people involved in leadership.
  - d. Make sure all leaders are familiar with VEDA's resources and website. Distribute info on Balance Awareness Week and the Dizzy Dash. Let them know that they can sign up for VEDA's mailing list if they want to receive updates.

Next topic: How to involve family and friends in SG meetings and leadership.