



THE POWER OF PARTNERSHIP

THE BENEFITS OF HAVING A SUPPORT GROUP CO-LEADER

Leading a vestibular support group through the Vestibular Disorders Association (VeDA) is a rewarding role—but it can also be physically and emotionally demanding, especially for those managing their own health. Having a co-leader to share responsibilities with can make the experience more sustainable and enriching—for both leaders and members. Here are the key benefits of having a co-leader:

- Built-in backup and reliability
 - If one leader is sick, overwhelmed, or needs to take a break, the co-leader can step in to keep the group running smoothly.
 - This ensures meetings aren't canceled last-minute and members always have support when they need it.
- Division of duties
 - Responsibilities such as organizing meetings, creating agendas, managing communications, and facilitating discussion can be shared.
 - Each leader can focus on the tasks they're most comfortable with or take turns to avoid burnout.
 - Examples of duty sharing:
 - One leader facilitates discussion while the other manages the chat (for virtual groups)
 - One handles reminder emails and RSVPs, the other keeps track of meeting notes or resources shared
- Shared emotional support
 - Leaders can debrief with one another after meetings and offer mutual encouragement.
 - Having someone who understands the unique challenges of leading a vestibular group can reduce stress and help avoid isolation.
- Improved problem-solving and decision-making
 - Two perspectives are better than one when it comes to addressing group dynamics, managing sensitive situations, or planning new initiatives.
 - Co-leaders can brainstorm together and make more confident, thoughtful decisions.
- Stronger group continuity
 - When members see a stable leadership team, they're more likely to feel secure and committed.
 - A co-leadership model also makes transitions easier if one leader needs to step away permanently.
- Opportunities for mentorship and growth
 - Newer leaders can learn from more experienced ones.

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L I F E R E B A L A N C E D

- Co-leading offers a great way to build leadership confidence gradually and avoid feeling overwhelmed.

Having a co-leader doesn't mean twice the work—it means shared support, increased flexibility, and a more resilient group structure. If you're leading a group solo, consider reaching out to a trusted member or fellow volunteer to explore co-leadership. You don't have to do it alone—and your group will be stronger for it.

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