

Dear Faculty and Staff,

What does volunteering for or joining a non-profit board have to do with Bentley University?

Furthermore, what is the relationship between affiliating oneself with a non-profit and our ability to address conflict in a constructive way?

To answer the first question, volunteering for a cause we are passionate about, whether it relates to hunger, health, religion, animals, the environment, art, the elderly, the disadvantaged or many other great causes, demonstrates many of Bentley's core values; impact care, collaboration and compassion.

We know that volunteering stimulates empathy in us and makes *us* feel good about helping others. It also improves our sense of well-being, increases our self-confidence, reduces stress, and facilitates new and meaningful connections.

To answer the second question, a reinforced sense of empathy, well-being and self-confidence better equips us to handle conflict in a constructive manner. It will enable us to stand in the shoes of others to better understand the cause of conflict and how to best resolve it.

[Here is an article listing benefits of volunteering.](#)

While some of us want to volunteer and be affiliated with certain causes, we may not know how to go about connecting with the appropriate non-profits. Learning of the organizations and causes that interest our colleagues may help inspire and enable our involvement.

In the last edition of the [Bentley Buzz](#), we were encouraged to share our non-profit involvement with our colleagues.

This reach out initiative is to encourage all of us to share our non-profit and charitable interests with the Buzz. Our passion and our involvement with non-profits may resonate with the passions of those looking to become more involved.

Always wishing you my very best,
Eliane