

Presidential Update



**ACC St. Louis Chapter President,
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April is National Volunteer Month, and ACC is led by volunteers. Volunteers also have jobs, families, friends and other responsibilities. Yet, we make time to volunteer. We each have unique reasons for volunteering. One reason for volunteering may be that in addition to supporting the community, volunteering provides benefits for the volunteer.

A report from the Mayo Clinic concluded that volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, which can have a stress-reducing effect. According to the Journal of Health Psychology, volunteering increases social connections, skills, mental and physical wellbeing, satisfaction, confidence, and life expectancy.

Personally, volunteering has increased my self-confidence, and I have developed closer relationships with others. I have gained new skills, become more informed about issues, and increased my effectiveness and efficiency in my work. Most importantly, my mood and energy are elevated before, during and after volunteering. The enthusiasm and creativity of the ACC team specifically is exciting and contagious, which translates to increased positivity in other aspects of my life.

How much time do you have to volunteer? Only an hour or two? ACC has something you can do.

What are your interests? What is your why for volunteering? ACC can find or create a place for you.

Don't know what to do to volunteer? ACC will help you identify where to start.

One way to volunteer is to join a committee. Our committees include:

- Pro Bono
- Diversity
- Law School Relations
- Membership
- Sponsorship
- Litigation and Labor & Employment Practice Area Networks
- Program
- Professional Development
- Communications
- Corporate Counsel Institute
- Golf/Spa
- Social

Committees meet regularly, and committee members help design and plan programming and events. We encourage committee chairs to identify committee vice chairs and/or subcommittee chairs to share responsibilities and to create a pipeline of future leaders of the Chapter. You may sign up for a committee [here](#).

Beyond our Chapter, you may get involved in the ACC global organization by joining a network, drafting an article, speaking, sharing a template or sample, and supporting advocacy and public policy efforts. There is even a category for “micro-volunteering” when you are short on time but want to get involved. Explore volunteer opportunities [here](#).

You will not regret getting involved and participating in this community. You will receive many benefits and rewards when you volunteer with ACC.

Thank you to everyone who volunteers with ACC. I value and appreciate your time, talent, energy, creativity, and friendship. I look forward to seeing you at a program or event soon.

Beverly