

Meet our Speaker:



Laura Rundell, MA, CVA

**Laura Rundell has been in the field of Volunteer Engagement for over 20 years, working at organizations of varied sizes and missions. She has worked at Phipps Conservatory in Pittsburgh, PA; LifeBridge Community Services in Bridgeport, CT, and currently works for the Friends Program in Concord, NH. She has been on the advisory board of Volunteer Square, and has written guest blogs for 20 Hats and for VolunteerPlainTalk.**

**She received her BA in Political Science from Earlham College and her MA in History from Northeastern University. She received her Certification in Volunteer Administration (CVA) in 2013.**

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P.O. Box # 1475  
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**SPRING ZOOM  
WORKSHOP  
TUESDAY, JUNE 22, 2021  
10:00 am—12:00 pm**

***Resiliency in  
Volunteer  
Programs  
and  
Leaders***

Presented By

**Laura Rundell,  
MA, CVA  
Certified in  
Volunteer  
Administration**

## What You Will Learn:



- ◆ What is resilience?
- ◆ What resilience is NOT
- ◆ How do we build resilience in a volunteer program?
- ◆ How do leaders of volunteers work towards resilience?
- ◆ Boundaries as part of resilience
- ◆ Why self-care isn't selfish
- ◆ Review for discussion – Did COVID make your program more resilient or less?
- ◆ How can we prepare for the Post - COVID volunteer programs?

### APVA: Over 25 Years of Empowering Volunteer Administrators

The Association of Professional Volunteer Administrators is a Long Island based organization that promotes professionalism and leadership in the field of Volunteer Administration. Members include volunteer program administrators in a wide variety of settings. Educational programs are offered three times a year.

Please visit us at

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### QUESTIONS?

Regarding workshop registration

Janet Romeo...[jromeo@epicli.org](mailto:jromeo@epicli.org)

Regarding Membership

Anna Lyons...[membership@apvali.org](mailto:membership@apvali.org)

APVA Workshop—June 22, 2021

Please mail by June 15, 2021

Name \_\_\_\_\_

Title \_\_\_\_\_

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**REGISTRATION FEE:**

**MEMBERS: \$20.00**

**NON-MEMBERS: \$27.00**

**PLEASE REGISTER AT:**

<http://bit.ly/APVA62221>

After you register, you will receive a confirmation email with the workshop zoom link

**PAYMENT MAY BE MADE VIA**

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**Members**

<http://bit.ly/payatpaypal20>

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or

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