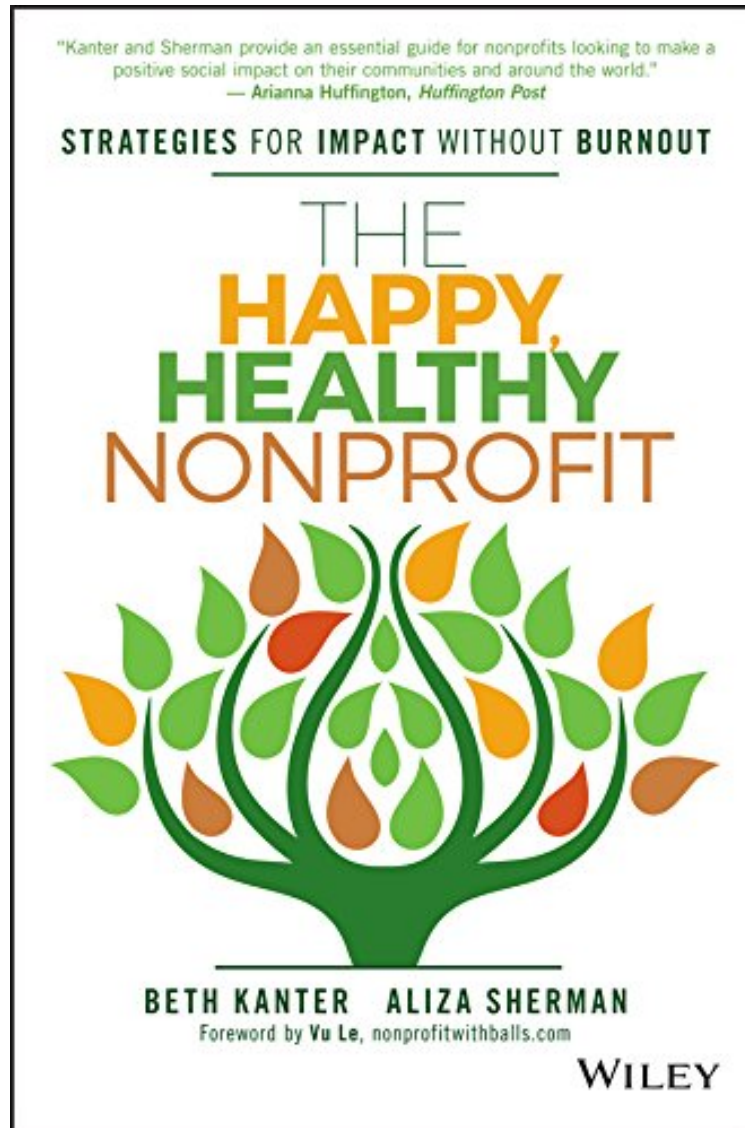


(Download pdf) The Happy, Healthy Nonprofit: Strategies for Impact without Burnout

# The Happy, Healthy Nonprofit: Strategies for Impact without Burnout

Beth Kanter, Aliza Sherman

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**Beth Kanter, Aliza Sherman : The Happy, Healthy Nonprofit: Strategies for Impact without Burnout** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Happy, Healthy Nonprofit: Strategies for Impact without Burnout:

2 of 2 people found the following review helpful. Beth Kanter and Aliza Sherman have given the nonprofit sector a real gift! By Pamela Grow Beth Kanter and Aliza Sherman have given the nonprofit sector a real gift with The Happy, Healthy Nonprofit. Burnout in our industry is worn like a badge of honor - but it shouldn't be. How can you save the

world if you don't take care of yourself? The authors' work mirrors my own findings: when an organization has a healthy culture, it thrives.<sup>2</sup> of 2 people found the following review helpful. Wonderful Book! By Rebecca Henderson What a great book! "The Happy, Healthy Nonprofit" should be on the bookshelf and within arms-length-reach of every nonprofit staff and board member. Nonprofits tend to see quite a bit of burnout not only among their staff, but also among their leadership level volunteers; I predict that the strategies in Kanter and Sherman's book will go quite a way toward resolving this issue, if they are implemented. My favorite part? The "Dog-Friendly Office Policy" on page 183.0 of 0 people found the following review helpful. Good and necessary book By CustomerGood and necessary book

Steer your organization away from burnout while boosting all-around performance The Happy, Healthy Nonprofit presents realistic strategies for leaders looking to optimize organizational achievement while avoiding the common nonprofit burnout. With a uniquely holistic approach to nonprofit leadership strategy, this book functions as a handbook to help leaders examine their existing organization, identify trouble spots, and resolve issues with attention to all aspects of operations and culture. The expert author team walks you through the process of building a happier, healthier organization from the ground up, with a balanced approach that considers more than just quantitative results. Employee wellbeing takes a front seat next to organizational performance, with clear guidance on establishing optimal systems and processes that bring about better results while allowing a healthier work-life balance. By improving attitudes and personal habits at all levels, you'll implement a positive cultural change with sustainable impact. Nonprofits are driven to do more, more, more, often with fewer and fewer resources; there comes a breaking point where passion dwindles under the weight of pressure, and the mission suffers as a result. This book shows you how to revamp your organization to do more and do it better, by putting cultural considerations at the heart of strategy. Find and relieve cultural and behavioral pain points Achieve better results with attention to well-being Redefine your organizational culture to avoid burnout Establish systems and processes that enable sustainable change At its core, a nonprofit is driven by passion. What begins as a personal investment in the organization's mission can quickly become the driver of stress and overwork that leads to overall lackluster performance. Executing a cultural about-face can be the lifeline your organization needs to thrive. The Happy, Healthy Nonprofit provides a blueprint for sustainable change, with a holistic approach to improving organizational outlook.

From the Inside Flap If you're reading this, you may have begun your nonprofit career with a burning passion to contribute to a cause and maybe, over time, that passion started to dwindle and you feel you are burning out, creating a toxic situation for you and your organization. If you recognize this is happening to you, stop suffering now and read The Happy, Healthy Nonprofit. Finally, you and other people like you who are the life force of nonprofits worldwide, get authoritative, straightforward guidance on tangible ways to take care of yourself in order to maintain optimal performance. Through the singular humor and piercing insight of two highly respected innovators, learn what it takes to sustain yourself to work more effectively on your organization's mission. Gain access to a set of well-vetted blueprints to evaluate your own burnout level, create a plan to revitalize yourself, and take real steps to transform the way you treat yourself and how you work. This guide is a powerful lens that identifies the stresses and challenges that everyone in the nonprofit sector faces and provides practical advice from a wide range of social change activists sharing their personal turnarounds and triumphs by incorporating happy, healthy habits into their everyday routines. The second part of this revolutionary movement expands self-care principles throughout your organization and then beyond to the entire industry. We all need to support each other on our quest to make the world a better place. The WE-care philosophy encourages organizations to shift their cultures to support their staffs' well-being with the same priority given to external stakeholders. From real-world tips for conducting walking meetings to making a commitment to take real vacations and completely break from technology; this single volume has everything you need to develop a culture of well-being within any size organization. Quickly and easily, you can: Gain a meaningful understanding of the causes and symptoms of burnout and their effects on the 5 Spheres of Happy, Healthy Living Create a fully customized self-care plan with the included ready-to-use individual self-care assessments and handy checklists Get your organization-wide adoption of a well-being program off to an impressive start in six essential steps The Happy, Healthy Nonprofit gives nonprofit leaders and staff an effective approach to impacting their causes in greater ways through a sector-wide attention to self-care. From the Back Cover "Kanter and Sherman provide an essential guide for nonprofits looking to make a positive social impact on their communities and around the world." — Arianna Huffington, Huffington Post Praise for THE HAPPY, HEALTHY NONPROFIT "Beth Kanter and Aliza Sherman have created an essential guide that champions self-care for individuals and organizations in the nonprofit sector. Every leader can benefit from the lessons in The Happy, Healthy Nonprofit as they learn to preserve and strategically deploy their most valuable resources — time and intellectual capital — towards improving our world." — Laura Arrillaga-Andreessen, Author, New York Times Bestseller, Giving 2.0: Transform Your Giving and Our World and Founder/Chairman, Stanford Center on Philanthropy and Civil Society "Yes, your work is important. But so are you. Beth and Aliza want you to realize that the change you seek to make begins with your

ability to make that change. This book is a great place to start." mdash;Seth Godin, Author, Linchpin "The Happy, Healthy Nonprofit provides nonprofit leaders with a thoughtful framework for creating a workplace culture in which they and their staff can better serve their mission by all taking better care of themselves." mdash;David Rousseau, Kaiser Family Foundation, VP and Executive Director, Media and Technology "Social change is hard work. So let us be thankful for the hard workers of social change. But, more, let's pay attention to the health and happiness of those committed to the common good. The Happy, Healthy Nonprofit offers a much-needed path for doing just that." mdash;Jacob Harold, President and CEO, GuideStar "Just as the title tells you, this book is different from anything you've read about nonprofits. It's filled with specific tips and strategies you can put to work today. Everyone who works in nonprofits or wants to start one needs to read this book by the leading experts in the sector." mdash;Sree Sreenivasan, former Chief Digital Officer, The Metropolitan Museum of Art and Columbia University "Kanter and Sherman have written a ground-breaking book that maps how we can nurture and sustain our most invaluable resource, the people who bring the mission of our organizations to life. The authors create a new paradigm for nonprofits, moving from a cultural expectation of self-sacrifice to one of self-renewal. This paradigm shift is key if we are to create a society with sustainable nonprofits." mdash;Nancy J. Smyth, PhD, LCSW, Dean and Professor, University at Buffalo School of Social Work

About the Author

BETH KANTER was named one of the most influential women in technology by Fast Company and is the award-winning author of *The Networked Nonprofit* books. She is an internationally acclaimed master trainer and speaker. ALIZA SHERMAN is a web and social media pioneer; founder of Cybergrrl, Inc., the first women-owned, full-service Internet company; and Webgrrls International, the first Internet networking organization for women. She is a motivational keynote speaker and the author of ten books, including *Social Media Engagement for Dummies*.