

The Happy Healthy Nonprofit Strategies For Impact Without Burnout

A practical guide to philanthropy at all levels of giving that seeks to educate and inspire A majority of American households give to charity in some form or another--from local donations to food banks, religious organizations, or schools, to contributions to prevent disease or protect basic freedoms. Whether you're in a position to give \$1 or \$1 million, every giver needs to answer the same question: How do I channel my giving effectively to make the greatest difference? In *Giving Done Right*, Phil Buchanan, the president of the Center for Effective Philanthropy, arms donors with what it takes to do more good more quickly and to avoid predictable errors that lead too many astray. This crucial book will reveal the secrets and lessons learned from some of the biggest givers, busting commonly held myths and challenging the idea that "business thinking" holds the answer to effective philanthropy. And it offers the intellectual frameworks, data-driven insights, tools, and practical examples to allow readers to understand exactly what it takes to make a difference.

"Helps business owners and managers target the main health concerns in the workplace and implement low-cost or free programs to increase productivity, boost morale, lower workplace stress, and potentially lower health insurance costs"--

Featuring stories from leaders around the world, this practical approach to leadership in today's world of constant change and economic turbulence is based on the author's Healthy Leader model that focuses on six personal dimensions that fuel - and refuel - top executives today.

Between these pages are images of the original acetate rubbings from Charlie Wagner's turn of the 20th century tattoo shop, The Black Eye Barbershop, in the Bowery at Chatham Square in New York. This is the only known art that has survived from this shop, where Samuel J. O'Reilley's modern-day electric tattoo machine was born and patented. The imagery of this classic flash preserves the origins of American tattoos, when tattoo art was transferred to the client from these templates via an acetate stencil. Everything was done by hand until O'Reilley's electrified tattoo machine changed history. This rich heritage of folk art has more than 900 individual pieces of flash that provide commentary on the shop's clientele and reveal some of the social, economic, and political ideas of the time. Including nautical themes, Asian imagery, flowers, boxers, circus characters, and plenty of girls, this is an exciting collection of early American flash and a necessary book for the tattoo artist, aficionado, and student.

"This book is for nonprofit managers who want to learn the steps for generating no strings attached unrestricted revenue streams. It will provide you with strategies for generating substantial scalable revenue, strategies with such inherent simplicity that organizations with the smallest of budgets and staff can implement them immediately."--Book cover.

We are entering a new era—an era of impact. The largest intergenerational transfer of wealth in history will soon be under way, bringing with it the potential for huge increases in philanthropic funding. *Engine of Impact* shows how nonprofits can apply the principles of strategic leadership to attract greater financial support and leverage that funding to maximum effect. As *Good to Great* author Jim Collins writes in his foreword, this book offers "a detailed roadmap of disciplined thought and action for turning a

good nonprofit into one that can achieve great impact at scale." William F. Meehan III and Kim Starkey Jonker identify seven essential components of strategic leadership that set high-achieving organizations apart from the rest of the nonprofit sector. Together, these components form an "engine of impact"—a system that organizations must build, tune, and fuel if they hope to make a real difference in the world. Drawing on decades of teaching, advising, grantmaking, and research, Meehan and Jonker provide an actionable guide that executives, staff, board members, and donors can use to jumpstart their own performance and to achieve extraordinary results for their organization. Along with setting forth best practices using real-world examples, the authors outline common management challenges faced by nonprofits, showing how these challenges differ from those faced by for-profit businesses in important and often-overlooked ways. By offering crucial insights on the fundamentals of nonprofit management, this book will help leaders equip their organizations to fire on all cylinders and unleash the full potential of the nonprofit sector. Visit www.engineofimpact.org for additional information.

Finally! Board member orientation truly simplified. Serving on a nonprofit board can be an incredibly rewarding experience for the properly prepared board member. This book is for the generous and busy people who agree to give of their time and talents by serving on nonprofit boards. Nonprofit boards often fail to do a good job of board member orientation for a variety of reasons. It takes a significant amount of time and effort to plan and conduct quality board member orientation programs, and every time a new board member arrives, it's time to do it again! Because of the challenges associated with providing quality board member orientation, many nonprofit organizations do not do it at all, leaving their board members to wing it. This book provides help and support to the truly great men and women serving on nonprofit boards whose service makes a positive difference in the lives of countless people every day. This book is a concise and appropriately comprehensive guide to nonprofit board service designed especially for new board members. It is a quick read, (about one hour), yet it addresses with accuracy the most significant elements of board service, such as mission, responsibility, duty, risk, liability, and board meeting dynamics. Hooey Alerts! Watch for Hooey Alerts! where the author identifies and dispels common myths and legends about nonprofit board service. There are many sources of false or misleading information about the nonprofit board service environment. A perfect example is the often vaguely-worded and intimidating assertion or implication that the Sarbanes-Oxley Act passed by Congress in 2002 applies to nonprofit organizations in a manner similar to how it applies to publicly-traded companies. (It does not.) Reviews "This book is the perfect guide for every nonprofit board member! Concise, highly informative, and loaded with nuggets of wisdom, it's a must read that will take board members to the next level of successful board governance." -- J. Todd Chasteen, General Counsel, Samaritan's Purse "Mike Batts has put his quarter century of advising and serving on nonprofit boards to good use in this accurate and easy-to-read book. In addition to describing major principles of nonprofit law and governance, the book provides helpful questions to guide board members in understanding the practical applications of the concepts discussed. While geared primarily toward helping new board members get up to speed quickly, it should also help veteran board members discharge their stewardship roles wisely and efficiently." -- Chuck Hartman, Associate Professor of Business Law and Accounting, Cedarville

University "This book, Board Member Orientation, is exactly what a busy volunteer board member needs. The board member's duties are presented in a clear and concise manner from the perspective of someone who has been around many boards. With a focus on those issues that are most common and/or most important, it is perfect for board member orientation and for quick reference reminders for the experienced board member." -- Doug Starcher, Partner, Broad & Cassel "This book provides clear, no-nonsense guidance on the basic issues for new nonprofit board members. Using this book for board member orientation will ensure your organization has communicated fundamental governance issues and will assist the board in determining risk management strategies." -- Dan Busby, President, ECFA ***** The Simple Board Member Orientation Process Using This Book: 1. Your board members read Chapters 1-9 of the book, which will provide them with insights regarding the key elements of nonprofit board service. 2. You provide the board members with copies of the documents described in Chapter 10 related to your organization. 3. You meet with your board members to discuss the unique attributes of your organization following the discussion questions provided in Chapter 10. Done!

Cleanse your body in 14 days and live the vibrant life you were always meant to! How well do you really feel? If stopped on the street, most people would say "fine"--but is that the truth? Do you suffer from fatigue? Low energy? Insomnia? You might not realize how much how and what you eat impacts your everyday health and energy levels. It just might be time for you to discover the healing power of food and add some vitality back to your life! The Conscious Cleanse gives you a simple, no-nonsense program that eliminates harmful foods, flushes toxins from your body, and kick-starts weight loss. The result is lifelong freedom from aches and illness, a renewed vibrancy, and more energy than you've ever known. Take it from the experts! Jo Schaalman and Jules Pelaez have been helping thousands of people achieve real results over the last decade with this life-changing program. Change your life in just 14 days and chart a path just for you with recipes for any appetite. This invigorating plan includes recipes for beverages, breakfasts, salads, soups, grain dishes, meat dishes, and even snacks and appetizers! In this revised edition, you'll find: A practical approach to a 14-day diet reset The tools to practice mindful eating and eliminate problem foods A guide to a new and improved 80:20 plan Over 100 delicious, clean recipes for any eater

While the economy has boomed since the Great Recession, so too have real estate rents and gentrification in cities across North America; nonprofits priced out of formerly affordable neighborhoods lack adequate workplaces to meet their missions. Shared Space and the New Nonprofit Workplace presents a comprehensive overview of shared space as an innovative model and effective long-term solution for nonprofit organizations' need for stable and affordable office and program space. In particular, it focuses on co-locating multiple nonprofits in shared spaces, often called nonprofit centers, with shared services and a collaborative culture. This comprehensive resource provides a practical road map to develop new workspaces; documents benefits for nonprofit staff, organizations, and their communities; presents challenges and solutions from successful nonprofit shared spaces; and considers nonprofit centers' history and future trends. Further, it offers nonprofits an opportunity to engage in forward-thinking practices, such as collaborative service delivery, green building operations, and cross-sector alliances. The book will be

useful to nonprofit executives, staff and board members, foundations, philanthropists, real estate and urban planning professionals interested in creating these projects, and researchers and students of the nonprofit sector.

Branding for Nonprofits provides the processes, tools, and thinking needed to brand or rebrand. Author DK Holland—a pioneer in the field—helps nonprofits approach the rebranding process with confidence and enthusiasm. Case studies reveal real-life situations in which nonprofits have successfully created branding opportunities out of dilemmas, creating a distinctive, clear identity that furthers their mission. Inspiring and demystifying, this book is the essential tool for nonprofits seeking to communicate their important work in a bold voice. • Addresses the connection between branding and fund-raising • There are 1.6 million nonprofits in the United States. Stand out from the crowd! Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

The Networked Nonprofit Connecting with Social Media to Drive Change This groundbreaking book shows nonprofits a new way of operating in our increasingly connected world: a networked approach enabled by social technologies, where connections are leveraged to increase impact in effective ways that drive change for the betterment of our society and planet. "The Networked Nonprofit is a must-read for any nonprofit organization seeking innovative, creative techniques to improve their mission and better serve their communities." —Diana Aviv, president and CEO, Independent Sector "The Internet means never having to ask permission before trying something new. In The Networked Nonprofit, Kanter and Fine show nonprofits how to harness this flexibility to pursue their missions in partnership with two billion connected citizens." —Clay Shirky, author, Here Comes Everybody: The Power of Organizing Without Organizations "The Networked Nonprofit uniquely describes the historical context and the current challenges that compel nonprofit leaders to work in networked ways and offers easy steps to help users exploit the potential of social media and 'working wikily.'" —Stephanie McAuliffe, director, organizational effectiveness, The David and Lucile Packard Foundation "A must-read for nonprofit leaders who want to change their organizations from the inside out by embracing the power of social networks." —Charlene Li, founding partner, Altimeter Group; author, Open Leadership; and coauthor, Groundswell "This is a perfect handbook for anyone who wants to leapfrog their current limitations of understanding and find real-world applications of technology to extend their mission." —Michele Nunn, CEO, Points of Light Institute, and cofounder, HandsOn Network "Kanter and Fine provide the 'Google Maps' for nonprofits to harness social media to kick butt and change the world." —Guy Kawasaki, cofounder, Alltop.com, and former chief evangelist, Apple Inc. "URGENT! Read this book. Take notes. Take action. If you work for a nonprofit, you don't have to do every single thing these seasoned authors have to share, but you certainly have to know what you're missing." —Seth Godin Register at www.josseybass.com/email for more information on our publications,

authors, and to receive special offers.

Do you dream of ensuring your child's life-long success? Every parent dreams of unlocking their child's true potential. But every parent's nightmare is seeing their child end up a failure. Imagine how amazing it would feel to experience peace of mind, knowing you are on the right path, leading your child to become a happy, healthy, successful adult. Dr. Carla Ureña Hutchinson is an instructional systems designer, wife, and mother of two who has worked with hundreds of children through her nonprofit organization, Foundation4ARTS. In *Parenting for Success*, Carla shares her journey from stress and overwhelm to creating a life she loves for her family, and she hopes to help you create the same for your family too. She draws from her experiences to bring you the ARTS Purposeful Parenting Process (The ARTS model), the framework for building a better future for you and your child. You will learn how to: Inspire and cultivate the critical skills and core competencies that will give your child the tools necessary to succeed Take control of your calendar, simplify your surroundings, prioritize daily tasks, and make room for what matters most for your child's future Develop methods to prevent and manage stress for you and your child Purposefully parent to strengthen your parent-child connection To live a success-filled life, your child needs your time, patience, guidance, and support to learn, practice, and acquire the skills necessary to thrive as an adult. Allow the ARTS model to be the road map for your purposeful parenting journey!

The American claim that we should love and be passionate about our job may sound uplifting, or at least, harmless, but *Do What You Love* exposes the tangible damages such rhetoric has leveled upon contemporary society. Virtue and capital have always been twins in the capitalist, industrialized West. Our ideas of what the “virtues” of pursuing success in capitalism have changed dramatically over time. In the past, we believed that work undertaken with an ethos of industriousness promised financial stability and basic comfort and security for our families. Now, our working life is conflated with the pursuit of pleasure. Fantastically successful—and popular—entrepreneurs such as Steve Jobs and Oprah Winfrey command us. “You’ve got to love what you do,” Jobs tells an audience of college grads about to enter the workforce, while Winfrey exhorts her audience to “live your best life.” The promises made to today’s workers seem so much larger and nobler than those of previous generations. Why settle for a 30-year fixed rate mortgage and a perfectly functional eight-year-old car when you can get rich becoming your “best” self and have a blast along the way? But workers today are doing more and more for less and less. This reality is frighteningly palpable in eroding paychecks and benefits, the rapid concentration of wealth in the hands of a tiny few, and workers’ loss of control over their labor conditions. But where is the protest and anger from workers against a system that tells them to love their work and asks them to do it for less? While winner-take-all capitalism grows ever more ruthless, the rhetoric of passion for labor proliferates. In *Do What You Love*, Tokumitsu articulates and examines the sacrifices people make for a chance at loveable, self-actualizing, and, of course, wealth-generating work and the conditions facilitated by this pursuit. This book continues the conversation sparked by the author’s earlier Slate article and provides a devastating look at the state of modern America’s labor and workforce. As the position of nonprofit ED becomes more demanding, there is a need for an up-to-date resource. This revised edition of the

best-selling book is filled with management advice for succeeding as an executive director. This new edition includes thoroughly updated information and new content. It covers topics on timely issues and practical strategies including: Avoiding Burnout, Accountability, Professional Networking, Financial Literacy, Measuring Effectiveness, and much more. Ideal for ED's and board members, the book also includes new cases and stories from the field and "practical tips" sidebars.

An updated edition of a groundbreaking book on best practices for nonprofits What makes great nonprofits great? In the original book, authors Crutchfield and McLeod Grant employed a rigorous research methodology derived from for-profit books like Built to Last. They studied 12 nonprofits that have achieved extraordinary levels of impact—from Habitat for Humanity to the Heritage Foundation—and distilled six counterintuitive practices that these organizations use to change the world. Features a new introduction that explores the new context in which nonprofits operate and the consequences for these organizations Includes a new chapter on applying the Six Practices to small, local nonprofits, including some examples of these organizations Contains an update on the 12 organizations featured in the original book—how they have fared, what they've learned, and where they are now in their growth trajectory This book has lessons for all readers interested in creating significant social change, including nonprofit managers, donors, and volunteers.

Praise for Nonprofit Essentials: The Development Plan "Linda provides a very practical outlook on how to succeed in developing and implementing a fundraising plan for a nonprofit organization. The importance of the various players and their roles—staff, board, and volunteers—is critical for any nonprofit organization, and the information in Nonprofit Essentials: The Development Plan could effectively be used by any size organization to organize and execute an effective development strategy." —Diane Hartz Warsoff, Executive Director Utah Nonprofits Association "An excellent road map for creating a development plan and building the necessary staff and volunteer ownership of the plan, Nonprofit Essentials: The Development Plan is a valuable resource for every nonprofit that wants to raise increased funds more effectively and efficiently. Its tips and real-world scenario sections help to make the case that organizations must take the time to plan adequately if they want to be successful." —Barbara L. Ciconte, CFRE, Senior Vice President Donor Strategies, Inc. "Linda Lysakowski's Nonprofit Essentials: The Development Plan provides the resources, tools, guidance, and step-by-step processes for any organization to successfully create and manage a development plan. Her inclusion of tips and techniques, real-world stories, and her focus on organization-wide involvement make this essential reading not only for development officers, but for senior staff and board members." —Eugene A. Scanlan, PhD, CFRE, President eScanlan Company One of the most significant factors in the success of any fundraising program is the ability and willingness of the organization to take the time to develop an integrated development plan with realistic budgets, timelines, and areas of responsibility. Part of the AFP/ Wiley Fund Development Series, Nonprofit Essentials: The Development Plan takes the reader through the development planning process and helps both novice development officers and seasoned professionals to create a plan that contributes to an organization's realization of its mission. Exhorting readers to ensure their plan is a living instrument and not just a document sitting on a shelf, nonprofit expert Linda Lysakowski includes examples of typical development plan formats as

well as timelines for the planning process to help users identify the level of detail that will be required. Whether large or small, your organization will benefit from *Nonprofit Essentials: The Development Plan*. This professional guide's nuts-and-bolts presentation equips your organization to create a dynamic development plan that fosters enthusiasm, cultivates a sense of confidence, and helps track success.

Nonprofits leaders are optimistic by nature: they believe with time, energy, smarts, strategy and sheer will, they can change the world. But too many cooks, not enough money, an abundance of passion, can make you feel there are too many obstacles to overcome. Garry shows you how to build a powerhouse board, create an impressive and sustainable fundraising program, renew your passion for your mission and organization, and become a bigger difference in the world. *Caring Is a Competitive Advantage* Suffering in the workplace can rob our colleagues and coworkers of humanity, dignity, and motivation and is an unrecognized and costly drain on organizational potential. Marshaling evidence from two decades of field research, scholars and consultants Monica Worline and Jane Dutton show that alleviating such suffering confers measurable competitive advantages in areas like innovation, collaboration, service quality, and talent attraction and retention. They outline four steps for meeting suffering with compassion and show how to build a capacity for compassion into the structures and practices of an organization—because ultimately, as they write, “Compassion is an irreplaceable dimension of excellence for any organization that wants to make the most of its human capabilities.”

Do you feel stuck in your nonprofit career? Unsure how to take that next step? *How to Become a Nonprofit Rockstar* is an accessible, do-it-yourself map of how to navigate the nonprofit sector and gives you the tools that you need to move from entry level to leadership. This book is designed for professionals who want to build a meaningful and rewarding nonprofit career. *How to Become a Nonprofit Rockstar* is based on the authors' experiences as well as interviews with nonprofit rockstars who have supercharged their careers. You'll learn how to develop meaningful nonprofit experience, build a strong network, establish a strong personal brand, achieve the elusive work/life balance, and move on up in your career. *Presenting a Groundbreaking Investigation into the Origins of Morality at the Core of Religion and Politics*, offering scholarly insight into the motivations behind cultural clashes that are polarizing America.

"This practical, politically neutral book offers concrete skills for holding meaningful conversations that cut across today's intense political divide, showing readers how to connect to the people in their lives. Political polarization is at an all-time high, and the consequences for our personal relationships are significant. Many people have friends and family members with whom they feel they can no longer communicate because of their extreme political views. In this book, psychologist Tania Israel presents her program for helping people have meaningful, constructive conversations with those they disagree with politically. Chapters show readers how to develop and use the scientifically-proven skills that are the

foundation of constructive conversation, including strategies for effective listening, managing emotions, and understanding someone else's perspective, as well as finding common ground, avoiding self-righteousness, and telling your own story. Throughout, conversation prompts, practical exercises, case examples, and self-quizzes help readers visualize and practice starting, sustaining, and ending challenging conversations"--

Explore the methods and processes to help nonprofits raise money in an environment that increasingly demands accountability, transparency, and results. The realities of today's economic environment have required that nonprofits, and those that raise money for them, make their case for support as strongly as possible. Warm and fuzzy appeals that tug at the heart strings have met with limited success. Assuming that funding targets intuitively know the value of the good work being done is unrealistic. The Key to Nonprofit Sustainability offers an abundance of pragmatic tips, tools, case studies, and techniques to make the process easy to understand and implement.

With engrossing stories from the OR and the lab, a leading neurosurgeon and neuroscientist explores the cutting-edge science that can be applied to everyday life for peak performance, improved memory, enhanced creativity, and much more. From the operating room, where he performs some of the riskiest surgeries around, to the lab, where he works on leading clinical trials, Dr. Rahul Jandial is on the cutting edge of the latest advancements in neuroscience. This fascinating book draws on Dr. Jandial's broad-spectrum expertise and brings together the best of various fields—surgery, science, brain structure, the conscious mind—all to explain the bigger picture of brain health and rejuvenation. It is a journey into his operating room, around the world on his surgical missions, inside his laboratory, and to the outer edges of neuroscience to reveal the latest brain breakthroughs that are turning science fiction into reality, translating their implications for everyday life. Busting myths along the way, Jandial helps readers get wired for success at work and school, perform better when the pressure is on, boost memory, control stress and emotions, minimize pain, stick to a healthy eating plan, unleash creativity, raise smarter kids, and stay sharp as they age. Combining the treatment guidelines he gives his patients, the most promising concepts from frontier science, and the smartest super-achiever hacks, he provides practical takeaways for optimizing brain function and leading a healthier, happier, more productive life.

"In Scaffold Parenting, world-renowned child psychiatrist Harold Koplewicz introduces the powerful new and clinically-tested idea that this deliberate build-up and then gradual loosening of parental support is the single most effective way to encourage kids to climb higher, try new things and grow from mistakes, and to develop character and strength. Offering the ten building blocks or "planks" of an effective scaffold--from laying a solid foundation and setting limits and minimizing cracks--he expertly guides parents through the strategies they need to raise empowered, capable kids while building

parent-child bonds that will survive adolescence and grow stronger into adulthood"--

Although health literacy is commonly defined as an individual trait, it does not depend on the skills of individuals alone. Health literacy is the product of the interaction between individuals' capacities and the health literacy-related demands and complexities of the health care system. Specifically, the ability to understand, evaluate, and use numbers is important to making informed health care choices. Health Literacy and Numeracy is the summary of a workshop convened by The Institute of Medicine Roundtable on Health Literacy in July 2013 to discuss topics related to numeracy, including the effects of ill health on cognitive capacity, issues with communication of health information to the public, and communicating numeric information for decision making. This report includes a paper commissioned by the Roundtable, "Numeracy and the Affordable Care Act: Opportunities and Challenges," that discusses research findings about people's numeracy skill levels; the kinds of numeracy skills that are needed to select a health plan, choose treatments, and understand medication instructions; and how providers should communicate with those with low numeracy skills. The paper was featured in the workshop and served as the basis of discussion.

Suggests one hundred ninety-nine events to raise money for nonprofit organizations, including 50/50 raffles, cakewalks, dunk tanks, money trees, rummage sales, ballroom dance lessons, walking billboards, and bachelor auctions.

How to Raise a Healthy, Adventurous Eater (in a Chicken-Nugget World) Pediatrician Nimali Fernando and feeding therapist Melanie Potock (aka Dr. Yum and Coach Mel) know the importance of giving your child the right start on his or her food journey—for good health, motor skills, and even cognitive and emotional development. In *Raising a Healthy, Happy Eater* they explain how to expand your family's food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes, with: Advice tailored to every stage from newborn through school-age Real-life stories of parents and kids they have helped Wisdom from cultures across the globe on how to feed kids Helpful insights on the sensory system, difficult mealtime behaviors, and everything from baby-led weaning to sippy cups And seven "passport stamps" for good parenting: joyful, compassionate, brave, patient, consistent, proactive, and mindful. *Raising a Healthy, Happy Eater* shows the way to lead your baby, toddler, or young child on the path to adventurous eating. Grab your passport and go!

The Imagination Gap helps leaders in every sector apply their imagination effectively to explore new, creative approaches to survive and thrive. Examples from a range of industries and settings, from Broadway to Silicon Valley, with simple steps and exercises, help you stop thinking the way you "should" and start making extraordinary things happen. 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.

Strategic Planning is woefully out of fashion, with many bloggers and thought-leaders claiming it is, in fact, dead. They couldn't be more wrong! Strategic Planning is an integral part of any nonprofit's ability to conduct effective social change. It allows the organization's staff, management, volunteers and board to identify and focus on the top priorities that the stakeholders agree will matter most to accomplishing their mission. Without a strategy, and the execution that follows - nonprofits are awash in mission creep, money chasing, and burned out and demoralized staff. Ain't nobody wants that. This book will walk you through the process of Strategic Planning invented by Sarai Johnson of Lean Nonprofit. Her practice is based on recent innovations in the business sector, building on the concepts of Lean Canvas and the Business Model Canvas. Adapting this strategic, action-based tool for nonprofits provides you, the nonprofit practitioner, with step-by-step instructions for leading a group of people through the planning process. Oh, did we mention it is a ONE DAY PROCESS? Yeah, it's cool. We know.

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status

depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. *Investing in The Health and Well-Being of Young Adults* describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. *Investing in The Health and Well-Being of Young Adults* makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. *Investing in The Health and Well-Being of Young Adults* will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

The Happy, Healthy Nonprofit Strategies for Impact without Burnout John Wiley & Sons

In the tradition of Octavia Butler, here is radical self-help, society-help, and planet-help to shape the futures we want. Change is constant. The world, our bodies, and our minds are in a constant state of flux. They are a stream of ever-mutating, emergent patterns. Rather than steel ourselves against such change, Emergent Strategy teaches us to map and assess the swirling structures and to read them as they happen, all the better to shape that which ultimately shapes us, personally and politically. A resolutely materialist spirituality based equally on science and science fiction: a wild feminist and afro-futurist ride! adrienne maree brown, co-editor of Octavia's Brood: Science Fiction from Social Justice Movements, is a social justice facilitator, healer, and doula living in Detroit.

Self-care is an imperative for the ethical practice of social work and other helping professions. From A (awareness) to Z (ZZZZ--Sleep), the editors and contributors use a simple A-to-Z framework to outline strategies to help you build a self-care plan with specific goals and ways to reach them realistically. Questions for reflection and additional resource lists help you to dig deeper in your self-care journey. Just as the ABCs are essential building blocks for a young child's learning, you can use the ABCs in The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals to build your way to a happy, healthy, ethical life as a helping professional. Includes a self-care planning form to help you set goals and formulate strategies. The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals...offers a broad range of concrete suggestions for improving individual self-care that should provide guidance and support to fit a broad range of practitioner needs. The book also includes material in several chapters that notes the important role organizations must take in stress and burnout reduction and support of self-care. SUE STEINER, Ph.D., MSW, Professor, School of Social Work at California State University, Chico, Co-author, Self-Care in Social Work: A Guide for Practitioners, Supervisors, and Administrators ...a caring and useful resource for helping professionals concerned about burnout, stress, staff turnover, and wellness.... By focusing on insights and reflections and providing resources and strategies, The A-to-Z Self-Care Handbook is a practical guide and an empowering book. DR. BARBARA W. SHANK, Ph.D., MSW, Dean and Professor, School of Social Work, University of St. Thomas, St. Catherine University, Chair, Board of Directors, Council on Social Work Education As the leader of a large nonprofit organization, the health and well-being of my colleagues is always top of mind for me. The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals is just what an organization like ours needed to promote self-care in a way that makes sense for all of us! JENNIFER HANCOCK, LCSW, President & CEO, Volunteers of America-Mid-States Sometimes there is a book that speaks to what you also have tried to put into words that feels truly hand-in-glove. I see The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals as precisely this book. SARAKAY SMULLENS, MSW, LCSW, author of Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions Grise-Owens, Miller, & Eaves' The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals is a much-needed handbook to inspire and guide self-care practice. Its insights are far-ranging, original, practical, and flexible. The short chapter format, focused topics, and fresh tone are both accessible and sure to motivate. Even those who have given a great deal of thought and attention to self-care will find new, exciting, and practicable guidance in its pages. LISA D. BUTLER, Ph.D., Associate Professor, University at Buffalo, School of Social Work, Primary Developer, UBSSW Self-Care Starter Kit

In a world where the old rules no longer apply, nonprofit leadership is more important than ever Now in its second edition, Joan Garry's Guide to Nonprofit Leadership is a must-have resource for organizations of all shapes and sizes wanting to make a bigger difference in the world. Filled with real-life stories and concrete strategies, this practical guide helps develop the specialized skills and mindset needed to

successfully lead and manage a stable and impactful world-class organization. A lot has happened since Joan Garry's Guide to Nonprofit Leadership was first published in 2017. The COVID-19 pandemic, the 2020 election cycle, and seismic economic and cultural shifts have transformed the nonprofit world. This second edition provides a wealth of new content and fresh perspectives on changes in the nonprofit landscape. Brand-new chapters bring the core responsibilities of board service to life, offer practical advice on how small nonprofits can have an outsized impact, discuss effective crisis management approaches, and deliver even more stories and lessons drawn from the Joan Garry's work with thousands of nonprofit leaders. Throughout the book, the author shares new insights on topics such as managing crises, graceful exits, organizational transitions, and more. Honest, authentic, and sometimes hilarious, this book will help you: Gain a rich understanding of what it takes to lead a nonprofit Raise awareness and make the greatest possible impact Create successful and sustainable fundraising programs Reinvigorate your organization's passion for its mission Work in true partnership with staff and board members Respond effectively to crises and avoid common pitfalls Written by the former Executive Director of GLAAD and founder of the Nonprofit Leadership Lab, Joan Garry's Guide to Nonprofit Leadership, Second Edition, is required reading for nonprofit board members, leaders, managers, and staff looking to make the greatest possible impact. Gain a rich understanding of what it takes to lead a nonprofit Raise awareness and make the greatest possible impact Create successful and sustainable fundraising programs Reinvigorate your organization's passion for its mission Work in true partnership with staff and board members Respond effectively to crises and avoid common pitfalls Written by the former Executive Director of GLAAD and founder of the Nonprofit Leadership Lab, Joan Garry's Guide to Nonprofit Leadership, Second Edition, is required reading for nonprofit board members, leaders, managers, and staff looking to make the greatest possible impact. The tools nonprofits need to measure the impact of their social media Having a social media measurement plan and approach can no longer be an after-thought. It is a requirement of success. As nonprofits refine their social media practice, their boards are expecting reports showing results. As funders provide dollars to support programs that include social media, they too want to see results. This book offers the tools and strategies needed for nonprofits that need reliable and measurable data from their social media efforts. Using these tools will not only improve a nonprofit's decision making process but will produce results-driven metrics for staff and stakeholders. A hands-on resource for nonprofit professionals who must be able to accurately measure the results of their social media ventures Written by popular nonprofit blogger Beth Kanter and measurement expert Katie Delahaye Paine Filled with tools, strategies, and illustrative examples that are highly accessible for nonprofit professionals This important resource will give savvy nonprofit professionals the information needed to produce measurable results for their social media.

Put "engage" front and center in your social media marketing engagement strategies! When you focus on the engagement side of a social media marketing strategy, you'll build and grow relationships with followers and customers, craft content just for them, analyze how they're responding, and refocus and refresh your campaigns accordingly. This smart guide shows you how to do all that, and then some. From building trust to sparking conversation to using video and other tools, this creative book is a must read if you want to discover all that goes into the most important aspect of today's social marketing. Helps you build and foster social media relationships with potential customers, fans, followers, and current customers Shows you how to spark actions, reactions, or interactions--and make things happen Explores the fundamentals, especially for do-it-yourself small-business owners and marketers Covers building trust and credibility, creating connections, encouraging sharing, using social networks to engage, using email marketing or SEO to engage, and much more Social Media Engagement For Dummies will help you connect to followers, convert them to customers, turn them into evangelists for your company, and

boost your bottom line!

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