

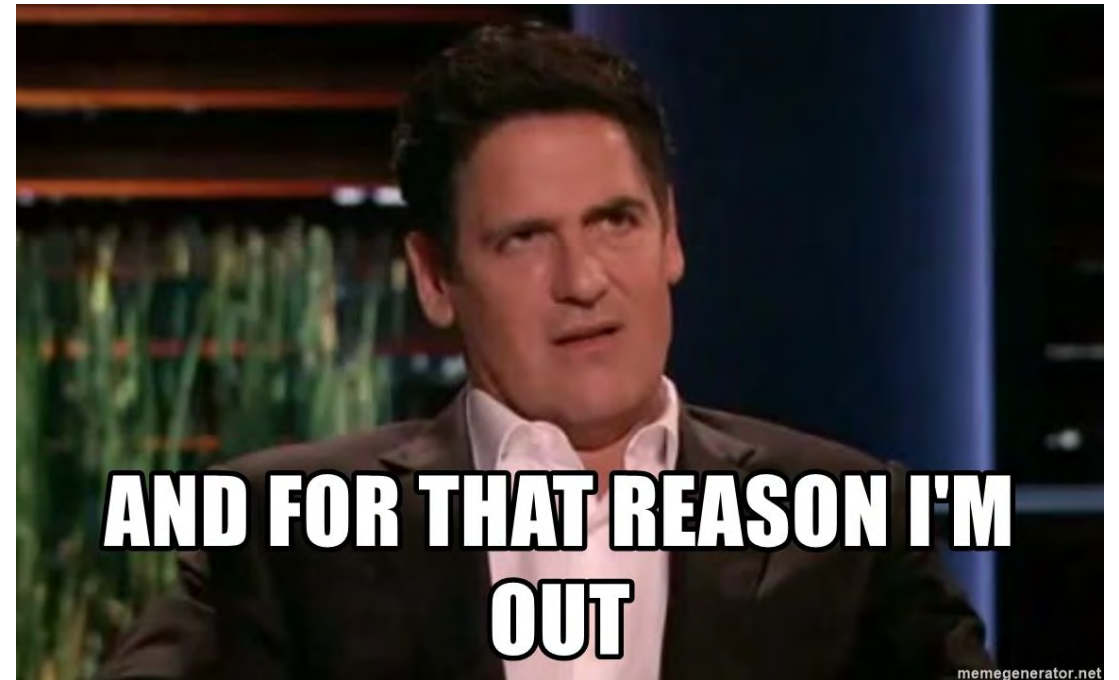
604 – Preventing with Burnout



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Do Less

- Others will step up
- Sometimes stuff doesn't need to get done
- Opportunity to re-evaluate priorities



Do More (?!)

- People like helping great program
- Doubling down on program in the short run -> get people motivated to help



Outsource

- Find ways to leverage others to get program done
 - Troops
 - Magicians, Animal People
 - Museums, Science Centers
 - Special interest clubs



Ad hoc volunteering

- Plan on having others help
- Small tasks
- Get people helping as the norm
- People learn they are capable of contributing



Own your program

- It's more fun
- Focus on the things you and the scouts enjoy
- Embrace your unique culture
- Can be more satisfying



Take a break

- Can other people run a den meeting or two?
 - Assistant Den Leader?
 - Other Parents?
- Can you have a troop lead a meeting?
 - Not just for Webelos/AOL
- Can an adventure be done at home/async?



Change roles

- Many packs enforce a 2 year cycle for CC, CM, etc
- Eases pack leadership transitions
- Helps people step up
- Understand different roles



Get Trained

- Skills mismatch makes the job harder
- Is there a simpler way?
- Are there resources you didn't know about?
- Are you doing work you don't have to?



Training?

- Position Specific
 - Den Leader, Committee Member
- Broad use
 - BALOO, IOLS
- Special Interest
 - Wilderness First Aid, LNT
 - Cooking, Backpacking
- Have you heard about Wood Badge? 🗡️ 🗨️



Find what you like, do that

- When you have fun, the scouts have fun
- A different role may be a better fit



Layer your program

- Pack meetings fulfill requirements across multiple ranks
 - Sam Houston Council
 - South Fullerton Council





Questions?
