

Self-care for Chairs of smaller charities

Association of Chairs is the only charity dedicated to supporting Chairs. We have created the Beacon Programme specifically to help Chairs of smaller charities with the challenges they face.



In smaller charities, Chairs often take on multiple roles and balance competing priorities. To do the role effectively, looking after yourself is important. Developed with Chairs of smaller charities, here are some top tips for looking after yourself, not just when the going gets tough.

- 1 Know what support is out there:** if there is a challenge that is keeping you awake at night, be sure to know what free or low-cost support is available. KnowHowNonProfit signposts you to the best-in-class pro-bono support and some free resources [here](#)
- 2 Set boundaries with yourself and others:** review the time you are committing to your chairing role. Be clear with yourself and others about how much you can and cannot take on. Don't be afraid to ask for help from others.
- 3 Support from a mentor could help you navigate different aspects of the role.** Organisations like Small Charities Coalition, the Cranfield Trust and your local Council for Voluntary Service may be able to help you find a mentor. KnowHowNonProfit's handy guide on accessing a mentor is [here](#)
- 4 Attend training and networking events:** whilst it can feel like a luxury, it is a great way to gain new insight, expand your networks and hear how others have handled similar challenges. Why not check out our Beacon events [here](#), offering a great chance to meet and learn from other Chairs of smaller charities.

5 Understand your style and way of working:

There are many tools that can help you understand your working style and how you respond to difficult situations for example MBTI and DISC. Developing an understanding of yourself, can help you work more effectively with others.

6 Celebrate successes:

remember to give yourself, your board, staff and or volunteers a pat on the back. Acknowledge hard work and celebrate achievements.

7 We are all on a learning journey:

we all make mistakes, but they can be our most valuable tool for learning, even if it doesn't feel like it at the time. Remember your mistakes can be your best teacher.

Next steps

- Make a commitment to explore at least two of these options
- Register for the programme [here](#) to attend Beacon events taking place all over England
- Be kind to yourself

