

## DESTINY CALLING: SCOUTING AND BEYOND

2018 National Order of the Arrow Conference



### Destiny Calling: Scouting and Beyond: Can You Retire From Scouting?

#### Session Length: 45 Minutes

Through this session, you will:

**Explain** that you can remain part of the Scouting program in moderation

**Demonstrate** the benefits of invest time and energy into other part of life and still be a Scouter

**Guide** the learning group in brainstorming ways to develop other interests in addition to Scouting

**Enable** the learning group to be confident in spending time outside of Scouting

#### Learning Outcomes:

- Recognize what you as an individual enjoy about serving as a Scouting volunteer
- Address the possibility of the Fear of Missing Out as a factor in your commitment to serve
- Discuss ways to set personal boundaries to prevent burnout
- Identify outlets for the successful long-time Scouting volunteer to nourish one's body, mind and spirit or develop new leisure pursuits

#### Theme Connection:

The theme of NOAC 2018 is "Decide Your Destiny," emphasizing the message that today's decisions shape tomorrow's reality. This session will relay this theme in the following ways:

- (You) Decide Your Destiny - Explore how a seasoned BSA volunteer can proactively step back from the Scouting program and nourish oneself in Body, Mind, and Spirit without abandoning the BSA

This session will help the **\*\*Lodge/Chapter/Section\*\*** with the Journey to Excellence Requirement(s): N/A

#### Required Materials:

- Laptop
- Projector and pointer
- Screen
- Small bottles of water for icebreaker exercise



## TRAINER PREPARATION

None

## Session Narrative

### Introduction

5 minutes

- Instructor introduces himself to audience
- Announce ice breaker to begin the learning session
  - Explain Rules of Never Have I Ever – the BSA Edition (20+ questions)
  - **Play Icebreaker Game**
    - Show questions on screen, audience drinks water if they HAVE done such a thing
- Show and Review Learning Objective Slide on screen

### Why Do We Serve?

5 minutes

- **Ask Audience to Stand**
  - Identify Who in the Audience Has Been in the BSA the Longest (Ascending countdown of years)
  - Identify Who in the Audience Has Held a Senior BSA Position (OA, Unit, District, Council) the Longest (Ascending countdown of years)
- **ASK QUESTION - Why Do We Serve For So Long?**
  - Powerpoint summary will feature these highlights
    - Feels Good to be Needed
    - Awards and Rewards
    - Recognition for Longevity
    - Pride in Performance
    - No One Can Replace You

### Overcommitting Can Have Personal Consequences

10 minutes

- **ASK QUESTION – By a Show of Hands, Did Anything Strike Close to Home During the Icebreaker Questions?**
  - BSA is worthy of personal dedication and sometimes requires sacrifice by its top leaders
  - Do you recognize that sacrifice has a cost?



- **ASK QUESTION - Where You Have Made Personal Sacrifices?**

- Personal fitness
- Family time and attention
- Hobbies or pursuits
- Spiritual energy
- Educational activities
- Business opportunities
- Bucket list goals

- **ASK QUESTION – Let's Be Accountable Among Friends Right Now – Why Sacrifice?**

### **Fear of Missing Out – A Scout is Brave**

**10 minutes**

- Define the concept of Fear of Missing Out as a pervasive apprehension that others might be having rewarding experiences from which one is absent.
  - Social media can intensify this feeling
- How to combat this painful feeling
  - Say No to Something – as a starting point
  - Savor the best experiences, call out the rest
  - Dare to consider about what you are getting out of the experience
- Recognize that You Are Allowed to Walk Away From the BSA Someday
  - In Your Mind, Develop a Master Plan for your Scouting career
    - Needs a beginning, a middle and an end
    - Where to you want to wind up?
- Strategy to Ease Into BSA Retirement and Still Maintain Fame and Immortality
- **ASK QUESTION - What would it be like if you got to attend your favorite Scouting program or event once each year for the rest of your life, and your didn't have to run it?**
  - **The cost would be that you couldn't run any other events at all**
  - **Why is that so painful to imagine for so many of us volunteers?**
- You Can Set Your Own Personal Boundaries
  - Weekly Time Allotment for Scouting, not each BSA role
  - Relinquish Multiple BSA Roles (1 Hat at a Time)
  - Create Self-Imposed Term Limits Per BSA Role
  - Immediately Begin to Groom a Successor for Each Role
- **Ask Yourself How Do You Earn a Senior Statesman Role in Your BSA community?**

### **How To Spend Your Free Time**

**15 minutes**

- Develop Your Body / Improve Your Health
  - Daily Walks
  - Gym routine



- Tough Mudder Obstacle Race
- 5-K race
- USMC PFT
- Yoga
- Zumba
- Martial Arts
- Audience Ideas?
- Feed Your Mind
  - TED Talks
  - Online Learning
  - College Classes
  - Library Lectures
  - Pleasure reading
  - Newspapers
  - Common interest groups
  - Information Interviews
  - Audience Ideas?
- Nourish Your Spirit
  - More active in church community
  - Scripture readings
  - Therapy/counseling
  - Adopt a neighbor in need
  - First responder support
  - VA hospital visits
  - Audience Ideas?
- Try Some Bucket List Skills
  - Cook
  - Paint
  - Foreign language
  - Garden
  - Bicycle repairs
  - SCORE
  - Alumni organization
  - Musical instrument
  - Poetry
  - Write Novel
  - Launch Blog
  - Master Video Games
  - Photography



- Hunt/Fish
- Conservation Causes
- Red Cross Training
- Audience Ideas?
- Make New Friends in New Organizations That Need
  - Civic
  - Fraternal
  - Religious
  - Community
  - Government
  - Political
  - Outdoors
  - Audience Ideas?

**Recap**

**2 minutes**

- Leaving Your Mark Requires You To Eventually Leave
- You Can Ease Out of the BSA and Still Be Involved
- You Can Invest Your Free Time Wisely to Improve Body, Mind and Spirit

**Takeaway Challenge**

**3 minutes**

Text Someone Outside of Scouting Right Now to Commit Yourself

- What is your BSA transition plan
- What will you do with your non-BSA free time
- If you don't have someone to text, you might need to start right there....