Persuasive speech:

Has anyone ever stopped to help you when you were in need? How did that make you feel? How do you think that person felt? Everyone gets a satisfying feeling when they are able to help others. For me, it is the most rewarding feeling and that’s why I try to volunteer as much as I can. Therefore, we must volunteer more as it impacts ourselves, our society and our future.

We all know volunteering is about helping others but it also impacts ourselves. We feel better and happier after doing something nice for someone else. A study in University of Pittsburgh took 382 participants and asked them to win rewards for someone, for charity or for themselves. The results were found to be the people who won rewards for someone else had an activation in the brain area which shows participants feel better and more socially connected. Volunteering also helps people with mental illness; such as war veterans that have PTSD or people with OCD or depression. Programs such Paws for Life that allow people with mental illnesses to care and train shelter animals. It tends to help comfort them as well as relieve some of their symptoms as well as improve their social function. Especially with teenagers and young adults when they volunteer it improves their self-esteem and their self-worth.

The most important part of volunteering is helping others and our society. Whether it is abroad or at home, it will push our society into a society we would want to live in. We can be a part of something bigger than us and it is our responsibility to improve the world and empower others. By volunteering in organizations not only brings people together but also brings people from different sectors together by working together to help the community get better without any wages irrespective of where they come from or who they are. This is also important especially when helping out the less fortunate, we get to understand and appreciate what we have which will make us become more emotionally aware. If a lot of people in our society volunteer more it will make us more empathetic which is what the world is lacking. People also volunteer in organizations that distribute their knowledge and experience to our society. It could be to help people get jobs or even teaching people who cannot afford education. This will push our society forward and improve the standard of living. There are a lot of organizations that volunteer in Thailand where people spend their free time cooking meals, helping with chores, and taking care of the local families. By doing so many people who do volunteer learn about the culture, learn about others and benefit the society with their help. Volunteering also helps to empower others. Teaching children and adults who does not have access to education will empower them to get jobs with their newly acquired knowledge. It can also empower woman in less progressive countries especially like organizations in Laos which teach women about woman health and rights. This already helped move the Laos society forward and will continue moving forward due to these volunteering organizations.

By influencing our society we are also influencing our future. Whether it is our personal future of what will happen to us in the coming 10-15 years or the future of our grandchildren.

Future (before and after picture cleaning the beach)

Anyone can volunteer even volunteering something as small as helping with an event or even something long term as teaching less fortunate children makes a huge difference in not only our lives, but to the society and to our future.

Persuasive Speeches:

Outline:

Introduction: We must volunteer more as it impacts ourselves, our society and our future.

We all know volunteering is about helping others but it also impacts ourselves. We feel better and happier after doing something nice for someone else.

1. Study showing helping can lead to happiness and less stress
2. Paws for Life: people with mental illnesses helping animals
3. Teenagers and young adults who volunteer raises their self esteem

The most important part of volunteering is helping others and our society.

1. Brings people together
2. Increases society’s empathy
3. Empowerment to others

By influencing our society we are also influencing our future.

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Anyone can volunteer even volunteering something as small as helping with an event or even something long term as teaching less fortunate children makes a huge difference in not only our lives, but to the society and to our future.

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