AMTA’s Chapter Volunteer Orientation Program

Respectfully submitted by

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Being on the Board of Directors for our Chapter really means alot to me. Throughout the past 8 years I’ve held several different positions and learned many jobs that it takes to run the Chapter efficiently. I believe in growing our own personal skills along with our massage skills. As the years go by and one gets more experience we start to seek more fulfillment. This year I was selected to go to CVOP. I was blown away by the experience. I wasn’t expecting to learn so much. All of the topics were literally what I needed to get reassurance and strength.

During the training, the topic I found most fascinating was: Personalities, we all have different personalities! Isn’t that the truth. We learned about 4 different styles a person could have. When we all come to the boardroom table we have better tools to identify them and know how to communicate with each other more effectively. This is a must!

I really needed this. I now try to practice when talking to people not on the Board to see which category I think that they are in. I then see how they respond when talking to them in that style. Let’s start with some of the traits that make up each of the unique styles. The Analyzer (this describes me): has to be prepared and know your facts, will do research before making a decision. Controllers: not quick at making decisions, needs facts and data. Persuaders: offer rewards to others and take their opinions into consideration, they try to sell the idea. Lastly, Stabilizers: there’s no restrictions or organization, they ask everyone for suggestions.

Each style has to be able to recognize all the different styles and be able to adapt with flexible approaches. Being able to step back, take a breath, check in with yourself and then take an inventory of how everyone else is feeling Is vital to keep the meeting healthy. This is a great time to offer a break. Hopefully with a different approach, the meeting can start again. This time reaching a much more successful outcome. When the meeting closes, expressing gratitude and thankfulness of how much you have accomplished during the meeting is a very uplifting and reassuring way to end. Thoughts of coming into the next meeting will be much more upbeat and positive!