

# Sharing the Responsibilities

**Sharing the responsibilities to help and assist in the management of your group will help in our mission to build more muscular groups from the beginning stages. This will help in the sustainability of your group for the future!**

In the beginning stages of your group, assign specific tasks to volunteer group members. Tasks should be assigned periodically, not necessarily requiring an on-going commitment, and require minimal effort.

- Identify several members that currently perform some of the above tasks. Ask them to lead the meeting when you are sick or absent
- Occasionally find an excuse to leave the room during the meeting and ask a volunteer to keep the meeting going in your absence. Do this at first for only 10-20 minutes at a time, then for longer periods once they gain more confidence.
- Don't be overly critical if the new volunteer leader does not run the meeting in the same way you do. Instead encourage them to do it again sometime and provide some guidance and suggestions of ideas that work well for you.