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consultant | trainer | coach

Fundraiser's Survival Kit

welcome...

to THE greatest profession in the world

Fundraising is the most brilliant job to have- a sector full of passionate, committed and enthusiastic individuals, all working to make the world a better place.

Fundraisers support and help each other. They share their knowledge and their experience. They "cheerlead" for each other - they've got each other's backs. No-one is more pleased for you when you land that huge donation, or more gutted for you when a campaign doesn't go to plan, than a fellow fundraiser (other than the ones who are jealous as fuck!).

And there are times when we need that camaraderie and support

It can be a lonely place. It can be a frustrating place. And there are days where we swear we will never set foot in the charity world again

We all know we all will

This Fundraiser's Survival Kit has been designed for such moments and is intended to help you laugh your way into work the following day

Claire x

**stress
reduction
kit**

Directions:

Place on firm flat surface
Follow instructions in circle
Repeat as necessary

**Bang
Head
Here**

try saying



useful phrases for when you really can't say the phrase that is in your head and you're incapable of summoning an alternative

(apologies to anyone offended by the use of the f word)

Try Saying: Perhaps we could schedule some fundraising training?
Instead Of: You don't have a fucking clue, do you?

Try Saying: She's an assertive go-getter
Instead Of: That bitch Sandra from Corporate has coded my Community income as hers again!

Try Saying: Perhaps I can work late again
Instead Of: And when the fuck do you expect me to do this?

Try Saying: Maybe as Trustee you're better placed to make that approach?
Instead Of: Of course I haven't asked Bill fucking Gates

Try Saying: It's possible he's tied up in a meeting
Instead Of: No, Stuart in Finance won't be answering his phone. It's 4.59 and he's at the door with his fucking anorak on

Try Saying: It will be tight, but I'll try to schedule it in
Instead Of: Why the fuck didn't you mention this last week when I asked?

Try Saying: Maybe they've got a backlog? I'm sure it will be in next week
Instead Of: I'm not the fucking editor and I don't decide whose bloody cheque presentation photos get printed in the paper

Try Saying: This Saturday night? I'd love to. It's my birthday
Instead Of: Fuck! Fuck! Fuck! That's event where I have to draw all 200 raffle prizes and applaud all 200 winners

income figures snap

Directions:

Cut out all cards

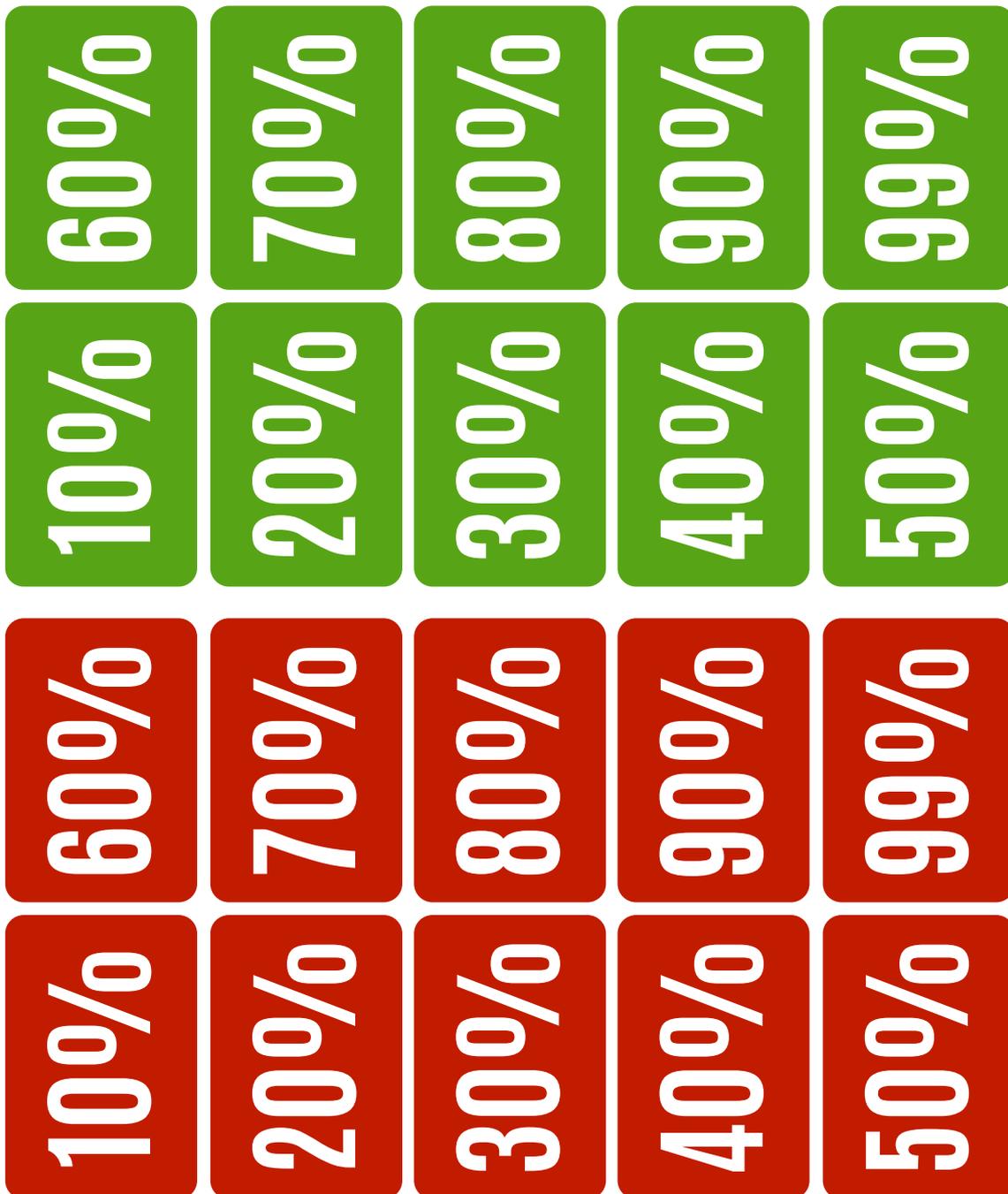
Keep green set for yourself

Give red set to finance department

Play snap as per the usual rules

NB - this is the ONLY time you and Finance will agree on fundraising income

NTB - Finance NEVER acknowledge 100%



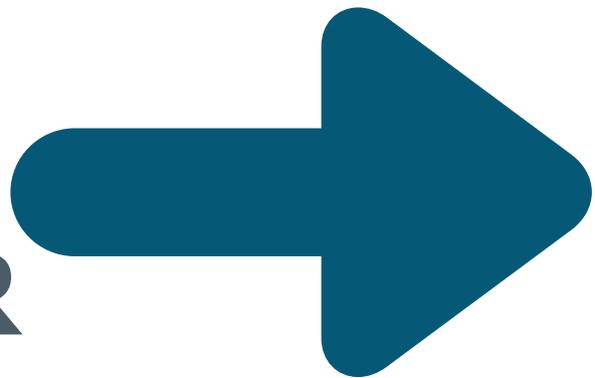
a reminder

Directions:

Cut out and stick to the left of your mirror



**THIS IS
WHAT AN
AWESOME
FUNDRAISER
LOOKS LIKE**



bugger it pills

Directions:

Take one as and when needed

If nausea occurs, stop



thank you

I hope you've taken this in the spirit in which it was intended and not as a slight.

The wellbeing and sanity of fellow fundraisers is hugely important to me and forms the focus on much of my work.

If you'd like to know more about my real day job; about **Charity Well**, an initiative to improve fundraiser wellbeing and the research we're currently doing; or about how I could work with you and your colleagues to improve wellbeing in your charity, please get in touch!

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