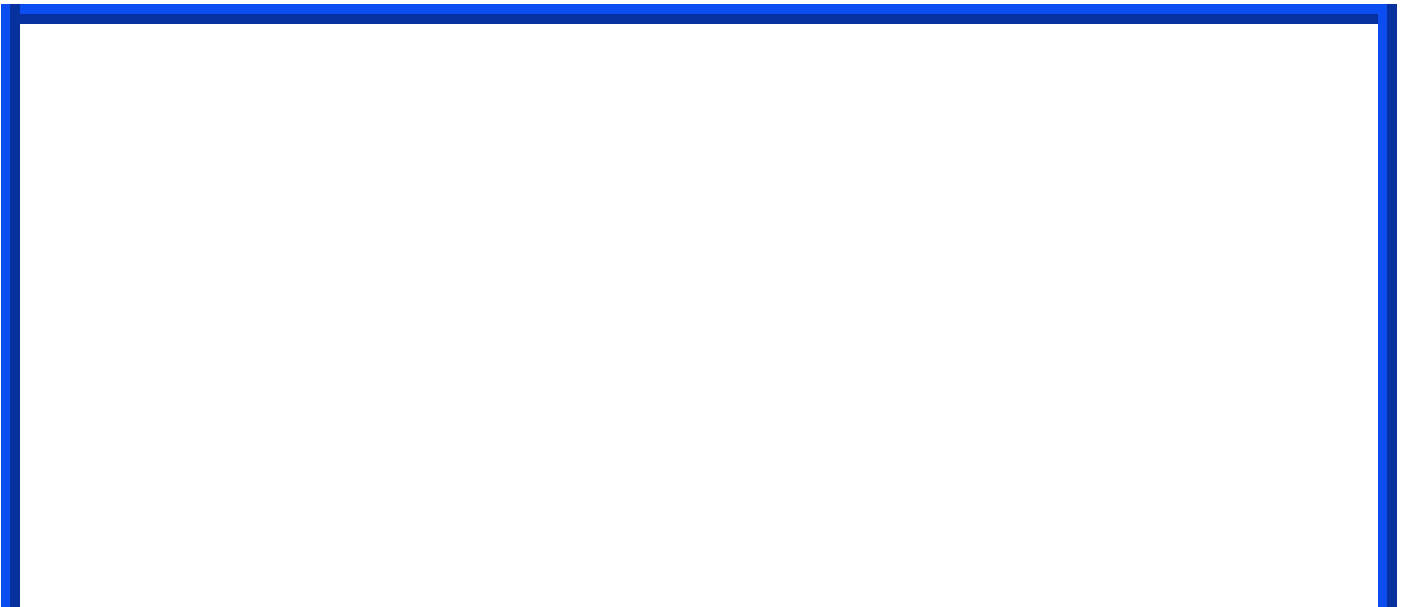




GFWC Leadership Link

From the GFWC Leadership Committee

Welcome to the October 2021 issue of the GFWC Leadership Link! The GFWC Leadership Committee, in partnership with your State Leadership Chairmen and State LEADS Chairmen, is excited to bring you information about GFWC Leadership resources and initiatives. This issue includes information about LEADS, an article from a Leadership Committee member, an article from our GFWC Honorary Leadership Chairman, and the book we'll be reading together as our ESO selection. We'll also include links to suggested Leadership toolkit resources, websites, podcasts and Ted Talks. In addition, we will be highlighting Leadership Projects reported by clubs across the federation chosen for the Top Ten Projects list. We hope this newsletter will help you and your club, district or State Federation make leadership development a priority.





LEADS Class of 2020 & Class of 2021

LEADS candidates from across the states came together in Atlanta in August 2021 for a busy day of leadership activities and ended up with new friends. All left with new ideas to take back to their states and continue their leadership journey. It's not

too early to begin thinking about LEADS 2022 in New Orleans. The updated LEADS application will be available soon on the GFWC Member Portal.

Collaborative Leadership

Deb Brossard, Great Lakes Region Representative, GFWC Leadership Committee

We hear a lot about collaboration these days. Remember the Three Musketeers? No, not the candy bar, but the three swashbuckling French heroes whose motto was *All for One and One for All*. This phrase emphasizes solidarity and support within a group; the group will support its members and its members will support the group. These heroes accomplished more together than they could alone, and their actions were probably among the earliest examples of collaborative leadership to arise out of 19th Century Literature.

The very definition of collaboration is the process of two or more individuals or organizations working together to achieve shared goals. Collaborative leadership is a management style that is team-centric rather than top-down and encourages all stakeholders to work across sectors or boundaries rather than in silos.

It is said that Ben Franklin was a collaborative leader, bringing a group of our founding fathers with a wide variety of personalities to the table. He convinced them to work together to write the Declaration of Independence and the Constitution of the United States of America: “The good we can do together exceeds what we can do individually.” This is a favorite mantra of Franklin’s and is inscribed above the door of many of the Philadelphia institutions he helped to establish.

Citing another example of collaborative leadership, a little closer to home, is the style that many of our own state leadership teams demonstrate. In Wisconsin, we tap into our past LEADS graduates to help plan and execute our leadership training seminars. Guided by the collaborative approach of our state leadership chairman, what these leaders have been collectively able to offer is far greater than anything they could provide individually. And they “walk the talk” among the committees they lead in their own clubs. They are our own modern-day Musketeers!

So, what traits did Ben Franklin and many of our own GFWC members demonstrate that allowed them to gather and inspire great leadership teams? Ten collaborative leadership characteristics have been identified. Lauren Christansen’s February 19, 2021 article “10 Characteristics of a Collaborative Leadership Style” on zipschedules.com summarizes these leadership characteristics well and as follows: Understands Different Motivations; Doesn’t Micromanage; Has a Wide Range of Talents and Skills; Builds Cross-Team Relationships;

Encourages Risk-Taking; Has a Greater Sense of Empathy; Values Transparency; Understands Conflict; Has a Well-Rounded Skill Set; and Builds a Strong Network.

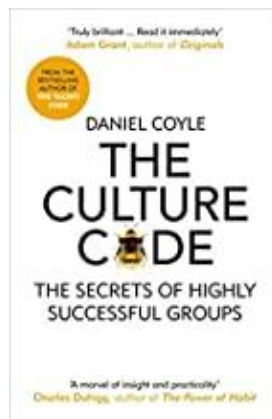
I encourage you to research this concept further and see if you have what it takes to be a Collaborative Leader. I bet you do!

Let's Read Together!

Why do certain organizations become greater than the sum of their parts while other groups fall short? *The Culture Code* aims to answer this question.

Organizations can develop a healthy group culture that promotes interconnection, teamwork, and consistency by focusing on three foundational concepts: safety, vulnerability, and purpose. *The Culture Code* breaks down the key attributes and benefits of each concept, warns of the consequences of ignoring them, and gives insight into how to implement them in your workplace.

We will host a book discussion via Zoom on **January 16, 2022, at 7:00 pm EDT**. Make sure you are a member of the GFWC Advancements & Programs Forum on Facebook and stay tuned for details. (Book recommendation by GFWC Leadership Committee Chairman Shannon Bailey)



Featured Links for Leadership

Featured website: <http://danielcoyle.com/the-culture-code/>

A website describing the work of Daniel Coyle and how to develop a healthy culture in your organization.

Featured Resources (Recommended by Honorary Chairman Kristin Martinez):

Sources & Resources:

Book: Why we Sleep by Matt Walker

[8 secrets to a good night's sleep - Harvard Health](#)

[Matt Walker: Hacking your memory -- with sleep | TED Talk](#)

[Jen Gunter: Can you actually boost your immune system? Here's the truth | TED Talk](#)

[TED Talk: The brain changing impact of exercise to keep your brain healthy](#)

[TED Talk: Sleep is your Superpower](#)

[WELCOAwhitepaper.pdf \(messa.org\)Sleep Wellness, Digital Detox and Mindfulness](#)

[Dan Gartenberg: The brain benefits of deep sleep -- and how to get more of it | TED Talk](#)

Featured Facebook Group: [GFWC Advancements & Programs Forum](#)

This Facebook group is open to every GFWC member and is your source for great resources and teaching in the areas of Leadership, Membership and Communications and Public Relations, as well as Community Service Programs, GFWC Signature Program, Juniors' Special Programs, contests and more. Join at the link today and stay in the loop!

Top Ten Projects from 2020:

<https://www.gfwc.org/news-publications/2020-gfwc-top-projects/>



What's New in the Leadership Toolkit

The goal of the GFWC Leadership Committee is to keep adding more resources throughout the year to the Leadership Toolkit found in My Digital Library in the Member Portal on the GFWC website. We will keep you updated as new materials are added. There are no new files this month; instead we have a Highlighted Resource to share.

Highlighted Resource:

Identify all GFWC Deadlines for Awards and Contests by Wendy Carriker, GFWC 2nd Vice President

As we begin to approach the end of the calendar year, it is time to think about your award entry forms. This resource is a comprehensive list of all the deadlines for GFWC Award Entries and Contests. More detailed information on individual award areas and contests can be found in the GFWC Club Manual.

What Makes a Good Leadership Project?

GFWC members have asked the question, "What makes a good Leadership Project?" Good projects are those that promote leadership development among your club members and can provide a good transition plan within each club so leaders advance and grow their skills.

The Top 10 Projects from 2020 are now available on the GFWC website and the Member Portal. Here are two examples from the 2020 Top Ten Leadership Projects List:

Rotating Presiding Officers

The GFWC Salem Woman's Service Club (OR) involves each of their members in club leadership. While there is one club president for official purposes, the task of serving as presiding officer rotates each month. The month's presiding officer is involved in planning the meeting, sending out notices, preparing the agenda, and then presiding at the meeting. Each member gains skills and feels she can handle leading "just one meeting," which provides great mentoring opportunities.

Leadership Team Training

GFWC Tampa Woman's Club (FL) taught newly installed leaders protocol and parliamentary procedure, courtesies relating to emails, policies and procedures, and familiarity with club Bylaws and Standing Rules. The new team set goals and reviewed what has worked and what has not. In addition, new officers created a strategic plan and a succession plan with roadmap, timeline, and leadership development opportunities with prospective club president candidates to help them prepare for the role of president.

Watch this column each month for highlights of two of the Top Ten projects reported in 2021. Top Ten Projects can be found on the GFWC website (News and Publications/Top Ten) and in the Member Portal/My Digital Library under "T" and "2020 GFWC Top Ten Projects," pages 17 & 18 for the leadership ones.

From GFWC Honorary Leadership Chairman Kristin Martinez

Taking Good Care of YOU! Move, Feed and Rest

Take good care. That is a phrase that I often say as I sign off on a video call or phone call at work or with friends. We are all in need of especially good care right now – both for our bodies and our minds. For many of us, we feel that we are always on, with many priorities competing for our attention. For the sake of argument, no matter who you are, you probably need a reminder to take good care of your physical health – through moving and feeding your body properly, as well as resting your mind through high quality sleep. Here are some key reminders that we can all benefit from to keep us healthy and happy.

Neuroplasticity of the Brain through Exercise

Research tells us that tells us that our bodies need movement to maintain or improve our flexibility and strength, but we also benefit our brains through sweat inducing workouts. When we do this, we create endorphins, and this helps our capability to focus, create, maintain attention and recall memories. Professor and Neuroscientist Wendy Suzuki's research indicates that physical activity is also necessary for good brain health. Better mood, better attention, better

memory can be achieved through a single workout. Immediate long-lasting benefits include increased dopamine, serotonin and improve reaction time for a few hours after each of your workouts. The long-lasting impact changes your brain – creating new cells in your hippocampus and helping your long-term memory. As little as 30 minutes of aerobic exercise 3-4 times a week also helps stave off cognitive decline due to aging. It can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls.

Water, Healthy Food, Nutrients

We all know certain truths about what we should be taking in – water, healthy, nutrient rich food and vitamins where you might have a deficiency. Of course, listen to your doctor, and do what is right for you as everyone's body chemistry and needs are different. According to Harvard Health Organization, a healthy diet is defined as being rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar. High blood sugar is linked to the development of diabetes, obesity, heart disease, and even dementia.

Quality Sleep

Sleep researchers know that sleep quality has a huge impact on our ability to focus, empathize, take in new information, stave off illness, and improve memory. Dr Matt Walker, Neuroscientist, Author and Sleep Researcher, in his TED talk explains that the hippocampus section of our brain is also the memory files of your brain. During deep sleep we transfer our memories from the hippocampus to the cortex of the brain thus integrating the memory into your other memories, giving you new associations and solutions to problems. Long burst delta brain waves occur only during deep sleep. Good quality sleep the night before you learn something new helps your brain remember and apply the new skill. Sleep after you learn something cements the memory into your neural networks.

There are many ways to help you get better sleep and the article below from Harvard Health outlines 8 key ways to improve your slumber,

including some of the key items we mentioned above, like exercise, healthy food, limiting alcohol and caffeine, hydrating, de-stressing and keeping your bedroom conducive to sleep (cooler room temperature, no light, no electronic devices, etc.). Whatever you do to improve your sleep is going to improve your health overall and you will reap the benefits!

21 Days to Make a New Habit!

As we always do, let's challenge ourselves to take on one positive, healthy habit and invest in your good health over the next 21 days. The ideas above are intended to inspire you to choose what you want to do right now, just for you. Try something for a few weeks and see what sticks. If one thing doesn't work, try something else!

Celebrate your small wins – maybe tell a GFWC friend about your goals and celebrate together when you achieve your new goal. Perhaps you exercised for 30 minutes 3 days one week – yah! You went to bed earlier and got 8 full hours of sleep for 4 days and a row – yah! You scheduled a long overdue doctor's appointment – awesome! Give yourself grace if you drop the ball and cheer each other on to good health!

Take good care, Kristin

Thanks for reading! The GFWC Leadership Committee is here for you -- how can we help you?



Contact your Leadership Committee Regional Member if you have questions or need anything.

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