



GFWC Leadership Link

From the GFWC Leadership Committee

Welcome to the January 2022 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 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.

Leadership Talents

**Mary Lee Dixon, Western States Region Representative,
GFWC Leadership Committee**

I am guessing you haven't heard Leadership qualities/characteristics referred to as a talent before, have you? Well, it is. Talents are learned, cultivated, practiced and perfected. Think about wood

working, quilting, painting, etc. Some folks are born with an innate ability to do those things, but most of us who want to take up those talents need to learn and cultivate that skill. It is the same with Leadership.

To improve how we make talented leadership decisions, we must take stock in what we have brought to the table and what talents we value in a leader. Let's look at the list of attributes we may want to hone as leaders.

Carrying Out Club or States' Goals:

Club Position Proficiency: Demonstrates knowledge and skill in outlined duties, achieving positive results and impacts in support of the club or state goals.

Individual Initiative: Assesses and takes independent action to complete a task that influences the club or state.

Adaptability: Able to adjust to changing conditions (think pandemic!), to include plans, information, processes, requirements and obstacles in achieving club and/or state activities.

Leading People:

Inclusion and Teamwork: Works effectively with others to achieve an inclusive atmosphere in pursuing the common goal of the club.

Emotional Intelligence: A leader who can actively employ self-awareness and manage their own emotions effectively. She demonstrates an understanding of others' emotions and appropriately manages relationships.

Communication: A talented leader can articulate information in a clear and timely manner, both verbally and non-verbally, through active listening and messaging tailored to the appropriate audience. Think Executive Committee versus general membership.

Managing Resources:

Stewardship: This leader talent demonstrates responsible management of resources which includes club members time, funds or facilities.

Accountability: Takes responsibility for the actions and behaviors of self or the team she appoints. Demonstrates reliability and transparency.

Improving the Club or State:

Decision Making: (One of the most important talents leaders need!) Makes well-informed, effective and timely decisions within her control that weigh risks and benefits.

Innovations: Thinks creatively about different ways to solve problems, brings improvements that make sense and demonstrates calculated risk taking for the good of the club/state.

LEADS Class of 2022

GFWC Leadership Education and Development Seminar (LEADS) will be held in New Orleans on June 24, 2022.

Each State Federation and International Affiliate may select one LEADS candidate annually. This seminar is designed for GFWC members at the local level who have the potential and desire to assume leadership positions in their State Federations and/or GFWC on the national level. Participation in GFWC LEADS can help up-and-coming leaders gain the capabilities, confidence, and commitment necessary to pursue and achieve higher offices and serve with distinction.

If you are interested in attending LEADS, contact your State President, Junior Director, and/or State Leadership Chairman to see how your State Federation chooses its LEADS candidate. Your State Federation may also have its own LEADS training!

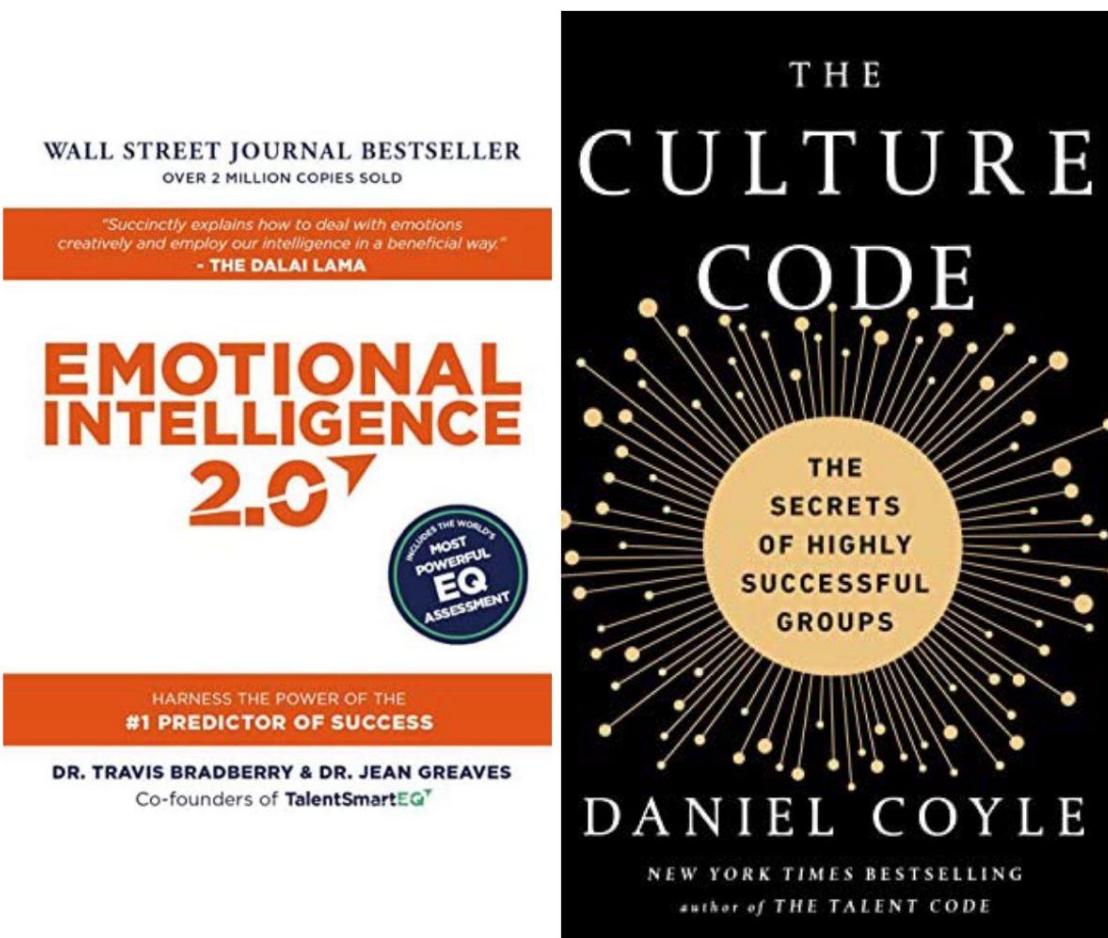
If you are your State's LEADS Chairmen or President, the application

is due March 15, 2022, to GFWC 2nd Vice President Wendy Carriker and GFWC Leadership Chairman Shannon Bailey. The application can be found on the GFWC.org website in the Member Suite. Go to the Digital Library and look for LEADS under the L section.

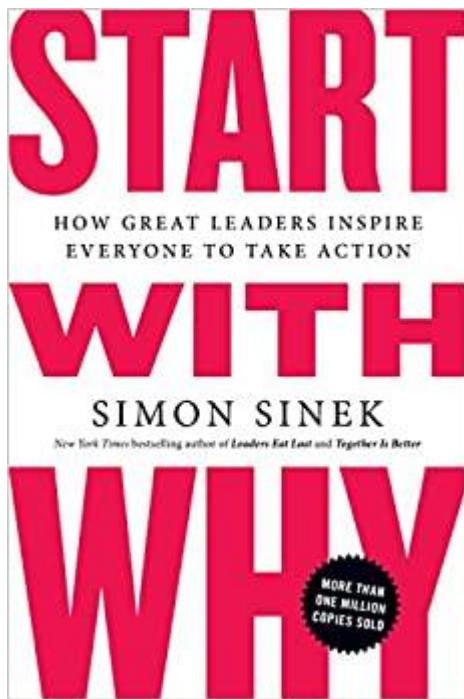


Let's Read Together!

Join us for a book discussion via Zoom on **January 23, 2022, at 7:00 pm EDT**. We will be discussing our last two Leadership ESO books at this time - *The Culture Code* by Daniel Coyle and *Emotional Intelligence 2.0* by Travis Bradberry & Jean Greaves. Watch the GFWC Advancements & Programs Forum on Facebook and stay tuned for details. (Book recommendations by GFWC Leadership Committee Chairman Shannon Bailey)



Our new Leadership ESO book is *Start with Why* by Simon Sinek. Any person or organization can explain WHAT they do and some can explain HOW they are different or unique, but very few can explain WHY. WHY is the thing that inspires us and those around us. It is the reason we do what we do. This book will give you tips on developing your WHY and learning how to communicate it to others. Join us on Zoom on March 27 at 7:00 pm EST. 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 Susan Gettys)



Leadership Toolkit Highlights

Highlighted Resource:

**Set Achievable Goals and Cast a Compelling Vision
by Suellen Brazil, GFWC 1st Vice President**

At the beginning of each calendar, we often set goals that we wish to achieve in the upcoming year. Check this resource for great tips on developing your vision and then setting goals that are measurable and achievable. You will soon be off to a great start to the new year.

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.

Here are two examples from the 2020 Top Ten Leadership Projects List:

Past Presidents Committee

GFWC of Holden Beach (NC) values the experience, knowledge, and passion of members who have served as club president or State President. They created a Past Presidents Committee, which provides leadership ideas to the club and works with and supports the current club leadership. They make personal phone calls to club members and also help coordinate the State President's special project efforts in their own club.

Leadership Academy

GFWC Atlanta Woman's Club (GA) invests in the training of its future leaders through a 10-month Leadership Academy providing structured training in diversity, time management, board position training, GFWC history, and more. Graduates are more deeply invested in the club and encouraged to join other local nonprofit boards, spreading the word about the club and building their own career and networking opportunities. The first class will graduate in 2021!

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.

**The best leaders are
passionate about
developing emerging
LEADERS, because
true leaders don't
create more
followers, they create
more LEADERS.**

**From GFWC Honorary Leadership
Chairman Kristin Martinez**

Good Sleep – The Key Element to Good Health

The foundation of good health is a great night's sleep. We all know this to be true and we have touched upon this in our earlier Empowered Well Being articles – it's essential to "Owning your Day."

How the Pandemic Has Changed our Sleep

In addition to the historical body of sleep research, a recent study of people in the United States and Asia found that the pandemic has affected our sleep in some very interesting ways. The average time people slept per night went up by 25 minutes. We slept later – going to bed later as well. This was reported to be due to lesser, or no commutes to school or work. 60% of people reported that they had worsened quality sleep but 40% said it was the same or better. And, many people reported more vivid dreams. Researchers think that this is due to increased REM sleep in the morning hours.

Keys to Good Sleep

Sleep researchers say that good sleep is a non-negotiable life support system and that there are many things we can do to improve our quality and length of sleep. Here are some key sleep hygiene moves for us all to use:

- **Regularity:** Go to bed at the same time and wake up at the same time every day. This is recommended for every day of the week.
- **Destress:** A few hours before bed, workout, stretch, do yoga, meditate, make lists of what you need to do the next day, do your bedtime routine, and basically get ready to shut your brain down.
- **Keep Cool:** Before you head to bed make sure that the bedroom is a comfortable cool temperature (65 degrees Fahrenheit is optimal in sleep studies), take a hot shower to cool your skin, drink herbal tea or warm lemon water, adjust your sleep clothes or bedding.
- **Lights Out:** Your bedroom should be completely dark – no tvs, no Ipads nor phones, nor electronic devices, which emit blue light for one hour before bedtime as this sends conflicting messages to your brain. By shutting out all light of any kind, your brain can start to relax into the first stage of sleep.
- **Bed is for sleep:** When studying insomnia, researchers say that its essential to keep the bed all about sleep (not watching movies, eating, etc.) If you are tossing and turning, Matt Walker, sleep researcher said to go into another room, do something else (write a list or read a book) and then come back to your bed when you are ready to sleep. Let me know if this works for you!

What Happens When You Sleep?

The goodness of sleep shows up when we see the results of what happens when you get a full 7-8 hours of restful sleep. Your immune system fights off illness, with your circulation, respiration and lymph systems all supporting healing and growth. And, your ability to learn, memorize, integrate and process solutions to challenges all happen during deep sleep. The neuroplasticity of your brain during deep sleep manifests in your learning of a new skill being taken into your hippocampus (short term or procedural memory center of the brain) and then overnight, the memory is transferred to the cortex (your long term or declarative memory center). Overnight processing aids in creativity, innovation and mental health.

What Happens When You Don't Sleep

In one study, when subjects only slept for 4 hours, their immune cells sometimes called natural killer cells activity went down 70%. This is why we have all been told by our doctors and loved ones when we are sick - to go to bed and get some sleep.

Your 21 Day Challenge

With all of that information, it seems to me that the 7-8 hours of sleep we get per night might be the best use of our time. And, as always, we have the opportunity to take even better care of ourselves. Choose what it is that you want to do to improve your sleep. What is the one thing you are going to do every day for the next 3 weeks to improve (or protect) your sleep quality?

Sweet dreams!

Featured Links for Leadership

Featured website: <https://simonsinek.com/>

A website describing the work of Simon Sinek and how to be the leader we all wish we had.

Featured Resources (Recommended by Honorary Chairman Kristin Martinez):

Sources & Resources:

[Shai Marcu: The benefits of a good night's sleep | TED Talk](#)

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

[Dan Kwartler: What causes insomnia? | TED Talk](#)

[Matt Walker: 4 ways the COVID-19 pandemic changed the way we sleep | TED Talk](#)

[Arianna Huffington: How to succeed? Get more sleep | 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/>

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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