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LEADERSHIP

National Leadership Day

Ann Landis, GFWC Leadership Chairman

February 20 is *National Leadership Day*, which provides an opportunity to reflect on our personal leadership journeys. Leadership is more than titles or positions - it's empowering others and creating change. Whether leading in our career, communities, or families, our contributions matter.

National Leadership Day is the perfect time to acknowledge the power and unique perspectives women bring to the table. It's a chance to learn from each other and renew our commitments to personal growth. Former First Lady Rosalynn Carter said, "A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be."

Leadership is about growth – for us, our relationships, our productivity, and our clubs. To lead well, we must embrace our shared desire for improvement. As an observance of *National Leadership Day*, let's seek to empower other women to take the risk of leadership. Let's agree to each become a change agent in another woman's life. Let's agree to each use this opportunity to be an example of inspiration to women who are considering that first step as a leader.

Kendra Scott, who turned a small startup into a billion-dollar company, said, "I'm always looking for new mentors and asking people, "If you were in my shoes, what would you do?" It's pretty amazing what you can get from asking that question.

As we join together, let's seek to build a stronger network of women leaders who support, inspire, and uplift one another. Let's make *National Leadership Day* an impactful celebration of courage, collaboration, progress and empowerment!

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The Path to GFWC Leadership

Be Prepared:

- Become informed - What are you interested in – chairman, officer? Is there a job description?
- Gather information - Who else has held the job? What documentation is out there? GFWC has many resources such as the Leadership Toolkit.
- Ask Questions - Interview previous Chairmen/Officers and find out all the dirt. The Good, the Bad and the Ugly!
- Follow the Rules - Is there a process in place to bring your name forward? Ask.
- Read the bylaws - Be familiar with the latest updated version of the bylaws.
- How about the standing rules? - Be sure read them too.

Running for Office:

- What level - Which office do you seek? Are you prepared?
- Bylaws - What do your bylaws say about qualifications and responsibilities?
- Duties and Responsibilities - Are you familiar with all the expectations?
- Endorsements - Who is backing you - club, district, and state? Can they write a letter?
- Deadlines - When is the letter of intent due, whom do you need to let know, and what needs to accompany the letter of intent?

Walk the Path:

- Encourage new members to join in on activities. They bring fresh ideas.
- Incorporate Federation information in your club meetings.
- Take advantage of diversity. Each member brings unique skills.
- Mentor new leaders. Support, encourage, travel with them, and help with expenses.
- Share the work. It's how we learn—planning meetings, participating in projects, and writing reports.
- Show your appreciation.

Building Leaders:

- Encourage new members to join in on activities. They bring fresh ideas. Give them a beginning leadership role such as co-chairman of a committee.
- Incorporate Federation information in your club meetings.
- Take advantage of diversity. Each member brings unique skills.
- Mentor new leaders. Support, encourage, travel with them and help with expenses.
- Share the work. It's how we learn—Planning meetings, participating in projects, writing reports.
- Show your appreciation.

“Empowering those around you to be heard and valued makes the difference between a leader who simply instructs and one who inspires.”

-Adena Friedman, Nasdaq CEO

TAKE CARE OF YOURSELF

Suzanne Simons- GFWC South Central Region

Good health and well-being improve your leadership potential. Practice these tips for self-care.

Live Healthy, eat healthy foods, get enough sleep - 7-8 hours nightly, exercise regularly, drink alcohol in moderation. Manage stress and go for regular medical check-ups.

Practice good hygiene. Good hygiene is important for social, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.

Spend time with friends to build your sense of belonging. Consider joining a support group to make new friends. That's what we do!

Do something you enjoy every day. That might mean dancing, exercising, watching a favorite TV show, working in the garden, painting or reading.

Find ways to relax, like meditation, yoga, getting a massage, taking a bath or walking in the woods. Just sitting outside makes me feel happy.

Go to your regular doctor and dental appointments. Ladies get your regular mammogram & colonoscopy! A colonoscopy is the only procedure that can prevent cancer.

The **Live Your Life Well** website has ideas to strengthen your mental health and cope with everyday hassles.

The **National Institute of Wellness** has created an online "wellness screener" that allows you to keep track of your journey. Empower yourself to live the good life and seek to positively impact the health and well-being of other women leaders.

GFWC TOP TEN PROJECTS 2023

GFWC Dallas Woman's Club (GA) - Club Updates-- This club benefitted from the leadership skills of state leaders as the club grew from four members to over 35 members in six months. These leaders worked with the executive board to encourage support from local businesses to embrace the clubhouse's rich history. State leaders provided Zoom training for club officers; four members attended GFWC Georgia LEADS. Future training will continue to sustain the growth efforts.

GFWC MIOSAC Club (ME) - Club Practices and Goals- In planning the annual club program booklet, the GFWC MIOSAC Club Advisory Committee realized that not all functions were being filled by members and knew that a reevaluation of procedures was in order. The committee created a survey to determine what individual members preferred for meeting procedures. With 100% of members responding, the committee identified changes for the next administration and shared survey results with club members. Everyone is excited about future possibilities.

GFWC Massachusetts Junior Membership (MA) - Wall of Leaders--GFWC Massachusetts Junior Membership held a Wall of Leaders poster contest during their Annual Convention. Instructions were to highlight outstanding women who show their worth and stand tall and proud for GFWC MA and Junior Membership. They were especially looking for women who demonstrated leadership in their club and state. Posters were placed on display, and the women were honored. One honoree went on to serve in leadership in the Junior Organization.

