



## GFWC Leadership Webinar: Building Your Leadership Toolkit July 20, 2020

### The GFWC Leader's Empowered Well-Being Journey

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Unlock your personal potential and leadership abilities by being intentional and proactive (rather than reactive) about your wellness. Think about what you need to unlearn, and then, what you need to re-learn to make yourself healthy, resilient, and happy.

The key principles of improving our personal well-being:

- 1) Own Your Day
  - Schedule your Priorities and Prioritize your Schedule
  - Prioritize high quality, deep sleep
  - Set personal, specific, actionable goals and do them every day
  - Digital Detox
- 2) Feed Your Soul
  - Invest in your friendships and positive relationships
  - Make time for meditation, prayer, nature walks
  - Laugh more
  - Connect with neighbors, community
- 3) Move & Feed Your Body
  - Neuroplasticity of the brain through exercise
  - Water, Healthy Food, Nutrients
  - Make and keep doctor's appointments
  - Physical goals – realistic, fun, activities
- 4) Be Your own Champion
  - Self-kindness and empathy
  - Gratitude Journal
  - Create and celebrate a network that supports you
  - Own your value

### GFWC Leadership Webinar Resources for Your Empowered Well Being Journey

Well-Being Apps:

- Calm
- Headspace
- Buddify
- My Fitness Pal
- Peleton
- J&J Official 7 Minute Workouts

Book: The Mindful Day by Laurie Cameron

Book: Why we Sleep by Matt Walker

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

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

[TED Talk: How we keep our brains healthy through laughter](#)

[TED Talk: How we can stay calm during stressful times](#)

[TED Talk: Stop being a bystander in your own life](#)

[Article: Fast Company How to build a rest ethic as strong as your work one](#)

[Article: HBR Don't let micro stresses burn you out](#)

## The GFWC Leadership Toolkit

This brand-new resource is the result of innovative leadership initiatives generated by the GFWC Strategic Planning Committee in 2019. This resource is a digital library of topics available in the Member Portal on the GFWC website and will be updated frequently. Topics were recommended by GFWC leaders and will include the following resources, some of which are also available in the GFWC Manual:

### Leadership Development is Personal Development

- Develop powerful presentation skills
- Learn effective time management
- Set achievable goals and cast a compelling vision
- Personal development resource list (recommended books, podcasts, videos)
- Discover your unique personality and strengths
- Explore the principles of empowered wellbeing

### Leadership Development of Members

- Establish steps to build leadership
- Identify potential club leaders
- Delegate responsibilities and shape new leaders
- Creating a plan of succession and a checklist for leadership transition
- Build effective teams, set a cooperative tone, and instill healthy club culture
- Provide and receive constructive feedback
- Implement effective communication tools

### Club, District, and State Officer Resources

- Identify all GFWC Deadlines/Awards/Contests
- Highlight Community Service Programs/Advancement Plans
- Utilize LEADS agendas for districts and states
- Review officer duties & responsibilities
- Understand the Treasurer's report, information on club budget
- Conduct business utilizing an agenda
- Encourage conflict resolution
- Explore benefits of being Federated
- Know GFWC's organizational structure
- Learn how to start a new club
- Value history and highlights of GFWC
- Adhere to principles of protocol
- Follow parliamentary procedure
- Start with sample bylaws
- Understand club legal concerns: insurance, liability, waivers, etc.
- Use social media/public relations in your community
- Plan state meetings, coordinating with hotels
- Embrace legislative involvement
- Create a strategic plan for your club/District/State Federation

## Becoming a Leader Others Love to Follow

Listen to this and many other topics at the Craig Groeschel Leadership Podcast, wherever you download podcasts.

Notes: [https://api-assets.life.church/uploads/message/1632/podcast\\_show\\_notes/becoming-a-leader-people-love-to-follow.pdf](https://api-assets.life.church/uploads/message/1632/podcast_show_notes/becoming-a-leader-people-love-to-follow.pdf)

**Contact Shannon Bailey, GFWC Leadership Committee Chairman ([bongabailey@yahoo.com](mailto:bongabailey@yahoo.com)) or your Region committee representative with questions.**