



*"You should fix a woman's crown without even telling her it was crooked."
-- Jah'sima Cooper, inspiring Dame, April 6, 2020*

Upcoming Great Dames Virtual Powerful Conversations & Workshops:

- **April 20 at 5:30 pm: Thriving 101: Real-time Resilience webinar**, led by Nina Sherak, certified resilience trainer. [RSVP here](#).
- **April 29 at 5:00 pm: Great Dames Connect 'Virtual Happy Hours.'** [RSVP here](#).
- **May 2020 virtual workshops and conversations announced soon**

Great Resources for Great Dames:

- **Laura Sicola** is offering a series of **"Covid-19 Special Opportunities"** to the Great Dames Community. Teach yourself to be a more confident, persuasive, influential speaker. check them out at <https://vocalimpactproductions.com/vipshop/>
- **Kathy Palokoff** is offering these two free services to her Great Dames sisters. Contact her at kathy@gofirestarter.com or #585-746-8617 to set up a free consult on either or both of these:
 - It's a great time to write the book you always wanted to — memoir, self-help, fiction or anything else. I work with multiple authors in publishing, ghostwriting, editing and as a writing coach. I can give you tips and a process to make this a rewarding experience.
 - Nothing connects a family member to a child more than writing a book together. If you are a grandma, mom, or aunt, I can talk with you about my experiences helping kids write picture and chapter books virtually. Ideas around how to coach, collaborative writing, creating stories, and use of technology.
- **Adina Laver**, founder of Curious to be Curious, offers a daily "Meditation for these times." Subscribe here: <https://couragetobecurious.com/>
- **Nina Sherak** is offering a free online **Creativity & Positive Psychology Playshop** on April 30th. Additional upcoming **Resilience Mastery** events include workshops on Appreciation, Mindfulness & Mindchatter, Assertiveness, and Decision Making. Great Dames are also invited to a special 8-session Flourishing Skills work group (FSG®) starting in May. Learn more at <https://www.resilience-mastery.com/resilience-pop-up-events>
- **Bebe Coker** talked about the important work of Dr. Charles Drew, an African-American surgeon who pioneered methods of storing blood plasma for transfusion and organized the first large-scale blood bank in the U.S. Read about his pioneering work here: <https://www.biography.com/scientist/charles-drew> and https://en.wikipedia.org/wiki/Charles_R._Drew
- **Janet Wirtzel** shares some great offers from Inspiration Space at Delaware Libraries:
 - The newest and best offer is that all Delaware residents (even kids) can get a free card instantly! delawarelibraries.org/librarycard

- Get eBooks, eAudiobooks, magazines & comics online. Stream movies, access Learning Express for tutoring for all grades, practice college entrance exams and professional qualification tests and skill-building courses and so much more! delawarelibraries.org/emedialib
- Fun online events for everyone! delawarelibraries.libcal.com/calendar/virtuallibraryevents
- **Eileen Cunniffe shares “Coping, Creating & Connecting: Self-Expression during COVID-19”:** From sofa choirs to hip-hop, and from knock-off masterpieces to TikTok, finding ways to create is essential to taking care of ourselves and others in this global crisis. Read here: <https://nonprofitquarterly.org/coping-creating-connecting-self-expression-during-covid-19/>
- **Quiet: The Power of Introverts in a World That Can't Stop Talking**, by Susan Cain (*book recommendation from Sharon Kelly Hake*); *Quiet* has the power to permanently change how we see introverts and, equally important, how they see themselves.
- **The Daily Good:** A quick morning read with sustainable recipes, podcasts, artists, articles, and more. Start your day with something good. Sign up here: <https://www.thegoodtrade.com/the-daily-good/footer>
- **7-Minute Fitness App** (*recommended by Sharon Kelly Hake*). Who doesn't have 7 minutes for better health? <https://7minuteworkout.jnj.com/>

April 6 Virtual Powerful Conversation: Showing our 'Great Dameness' Right Now:

- Make a commitment to reach out to two friends each day
- Learn to be grateful for folks who are doing so much to keep us with what we need
- Better connect with people; consider the impact of isolation on employees and others
- Show your gratitude, connect with people, give back
- Focus on what is necessary vs what is excess.
- Extroverts have something to learn from introverts!
- Really listen to others
- I put together a spreadsheet of everyone that I plan to stay in touch with (name, number, frequency, method of communication) and I update it frequently.
- It is very important, in this very confusing time, to listen to yourself and reflect. Reassuring loved ones that you are there for them all while making sure you are paying attention to what is best for the soul.
- Start a neighborhood google group
- Take advantage of the CARES act and other stimulus programs
- Ask yourself, “What does it take for me to stay grounded, hopeful and optimistic in experience of others fear, and what does it take for me to spread hope, rather than me be infected by their fear.” It's not easy, but a question I ask on a daily basis.
- Create reading circles with little ones
- Think about the flowers that bloom after the storm. I'm so curious how people are getting ready for the flowers to bloom!
- I have been helping people make connections to resources they need. They just want to see that someone sees them and hears them.
- Encourage people to add a tip on their groceries and send donations to your local Food Bank.
- Put a sign on your door to thank the mail, delivery and other people who are serving us.
- Show your appreciation of the people who are on the front line -- the heroes – medical professionals, police, fire and rescue people.
- Plant seeds!
- Show your Courage and Optimism!