



COMMUNITY CORNER

NEWSLETTER

MAY 2021 | SUMMER

COMMUNITY HAPPENINGS

KCCEOA CONFERENCE - MAY 5
GFF Speaking Engagement

MAY 19
Young Professionals Program
Info Session

MAY 20
Brad Finkeldei
Executive Coaching

ACA CLUB - MAY 22
GFF Speaking Engagement

MAY 22
NAMIWalks Event

AD 2 KC CLUB - MAY 26
GFF Speaking Engagement

 gofurtherfoundation.com

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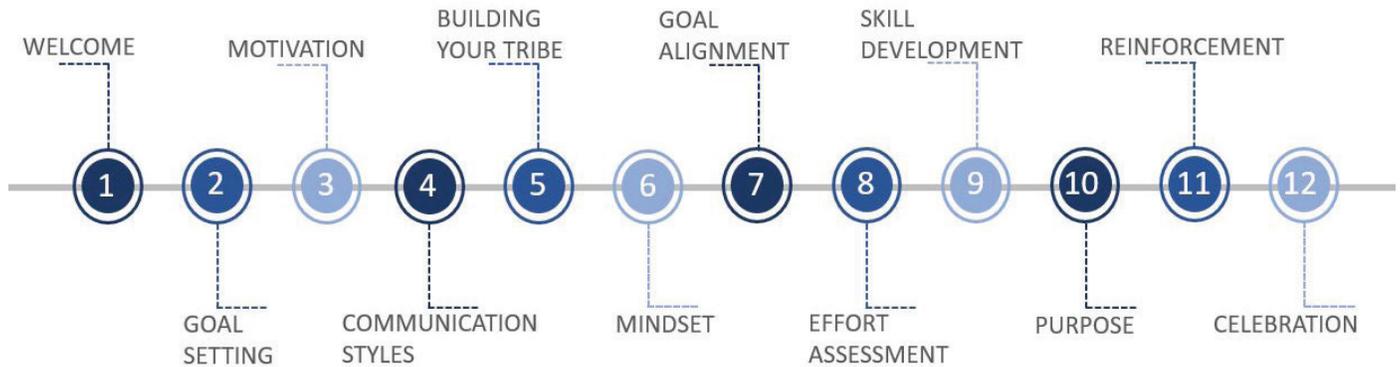
Go Further Community!

Welcome to the May edition of Community Corner! May is a very special month, as it is Mental Health Awareness Month. I am so proud to share with you all of the initiatives the Go Further Foundation continues to support in order to grow and take a proactive approach on mental health.

I wanted to kick things off by reviewing our Executive Coaching session we held last month. Jill Schnittker led a workshop highlighting the importance of work life balance including warning signs to show you may be out of balance, and best practices for getting back into balance. During the workshop, our young professionals completed a “piece of the pie” exercise, in which they illustrated a pie chart comprised of the amount of time they spend on differing elements within their lives. The elements included Financial and Career, Physical Health, Social Well-Being, Spiritual Well-Being, and Developmental Opportunities. It was truly an eye-opening experience, as a lot of the group realized how the amount of energy that is highly focused in one area of their lives, leads to an impact in the other areas. One of my favorite quotes from Jill’s coaching was, “When you say yes to one thing, it’s likely that you are saying no to another”. From time to time, I believe we all need to take a step back and take a good inventory of our own work life balance pie.

PROGRAM OVERVIEW

Timeline



As our first cohort looks to complete their first six months of the Peer Mentorship Program, the GFF team has been working diligently on standardizing our processes. We have now created a Mentorship Roadmap to help guide community members on their year-long mentorship journey. This roadmap includes an overview of the program timeline,

monthly topics to aid in goal achievement and overall development, and multiple resources to guide conversations and maximize the overall Go Further experience. This roadmap is the cornerstone of GFF, and we are proud that it was constructed by utilizing the feedback from our young professionals during our monthly roundtable sessions!

With the support of a very talented graphic designer, Julia Bellinger, GFF has begun stepping up our marketing game! We have worked to create differing promotional materials including our informational brochure, event announcements, and our newest flyer that will be pivotal for upcoming GFF organizational lunch and learn sessions. Looking forward to watching how these materials will assist in getting the word out regarding the GFF community, and help us as we continue to grow! (If you're interested in viewing of these materials give me a shout!)

GFF
Go Further Foundation

1 in 5 U.S. adults experience a mental illness each year (51.5 Million people)
Go Further Foundation is taking a stand!
Calling all 18-24 year olds, are you new in your career or looking to start a career? Are you passionate about growing personally and professionally? If so, you need to check out Go Further Foundation!
GFF has created a community of young professionals committed to personal and professional development and is passionate about taking a proactive approach to supporting the mental well-being of young people.

THE YOUNG PROFESSIONALS PROGRAM

- PEER MENTORSHIP:** A healthy relationship built on the expectations that each individual is equal to the other. A mentor is able to offer support and advice from personal experience, while the young professional offers advice and a mentoring goal. Community members participate in a twelve-month long program designed to drive both personal and professional development.
- EXECUTIVE COACHING:** One-on-one coaching sessions can be invaluable in career development. We are joined by experienced professionals for monthly workshops, offered in various settings, discussing career goals and the development of young professionals.
- MENTAL HEALTH EDUCATION:** We provide mental health educational resources to empower community members to control the mental anxiety. Through job trainings with various accredited mental health organizations, GFF equips young adults with access to proper mental health trainings and vital resources in order to take a proactive approach in battling the stigma associated with mental health.

MISSION
The Go Further Foundation's mission is to create communities of young professionals committed to personal and professional growth. Our programs take a positive, proactive approach on mental health by offering resources and structure that are a constant reminder that nobody is on their journey alone.

COMMUNITY BENEFITS

- RELATIONSHIP BUILDING
- MENTAL ACCESS TO RESOURCES
- COMMUNITY SERVICE EVENTS
- SEMINAR SOCIAL EVENTS
- NETWORKING OPPORTUNITIES
- COLLEAGUE CONNECTIONS

Did we mention all of these benefits are FREE??

HOW TO GET INVOLVED

- YOUNG PROFESSIONAL:** Reach out to Ryder Chaffee, Program Director, by emailing her at r.chaffee@gothefoundation.com for information on upcoming informational sessions or follow www.go-further.com/getinvolved and fill out the "Join our young professionals program". A member of our team will reach out to you following your submission.
- MENTOR:** Can you answer the question: "What did I wish I knew when I was transitioning into my career"? If so, you may be a good fit to join our community as a mentor! Reach out to Ryder Chaffee at r.chaffee@gothefoundation.com for information on upcoming informational sessions or follow www.go-further.com/getinvolved and fill out the "Become a Mentor" program questionnaire. A member of our team will reach out to you following your submission.
- EXECUTIVE COACHES:** Calling all experienced professionals! Do you want to make an impact on the next generation of leaders joining the workforce? We want to utilize your knowledge and expertise to lead workshops, seminars and seminars to discuss topics that are important to young professionals today.
- CORPORATIONS AND ORGANIZATIONS:** Do you want to learn more about how Go Further Foundation can positively impact your teams, or do you have some up and coming leaders who would make great mentors? Reach out to our President Mark Potts at mark.potts@gothefoundation.com to set up a search and learn or individual informational session to discuss the benefits of joining the Go Further Community.

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GFF is proud to be taking part in extra initiatives throughout the month of May to assist in spreading awareness about mental health. We have supported fellow mental health-focused organizations including, the “Things We Don’t Say IPA” event presented by Carl’s Cause, the “Here for You pledge” presented by Active Minds, and of course NAMIWALKS presented by NAMI, the National Alliance on Mental Illness.

We at GFF believe that we are better together, and together we can continue crushing the stigma that surrounds mental health conversations. Join us on May 22nd for our “Get Active Selfie Challenge” presented by NAMI. This is a super easy way to support mental health awareness and enter a drawing to win some awesome prizes! (See flyer also attached to this e-mail)



These first six months since going live with our first cohort have flown by! There have already been so many memorable experiences, lessons learned, and friendships formulated in just this short amount of time. Now, we are preparing for our next cohort to go live in June! I am so excited to add more ambitious and passionate young professionals to our Go Further Community. Stay tuned for more information as we approach the start date for the next cohort!

As always thank you for your support!
All the best,
Mark Potts