

COMMUNITY CORNER

NEWSLETTER

March 2021 | Summer



Community Happenings

- Executive Coaching with Jill Schnittker on 3/18
- Harvesters Community Service on 3/27.

 www.gofurtherfoundation.com

 [@gofurtherfoundation](https://www.facebook.com/gofurtherfoundation)

 [@gofurtherfoundation](https://www.linkedin.com/company/gofurtherfoundation)



Hello All – I hope this note finds you well and enjoying some warmer weather!

February is going down in the books as the first month our GFF programs ran full bore. Our matches began to fully utilize our matching software, QOOPER, by exploring numerous continuous learning opportunities, participating in additional interest groups, and having some of their first conversations together. We also held our first Mentor and Mentee Roundtable sessions. These sessions will be held on a monthly basis, and are aimed to allow both mentors and mentees to provide feedback to the GFF leadership team regarding the mentorship program, executive coaching sessions, and community events. It was so great to listen to our first ever cohort discuss what topics they have enjoyed so far, and how GFF can continue to improve in the future! Our February Executive Coaching session was virtually presented by retired County Clerk John Bartolac who discussed Emotional Intelligence and its applications

in daily life. John immediately captured the virtual GFF participants' attention by playing "Man in the Mirror" by Michael Jackson and providing a classic dad joke that is always a hit in social settings. Our favorite part of John's discussion was his "6 Steps to Improve Self-Awareness in Day-to-Day Life" (provide visual). This specific segment truly opened up our eyes to how far just taking a deep breath, and a slight six second pause, can go when faced with a stressful situation. John emphasizes how we have the power to become fully self-aware by harnessing our emotions, instead of allowing our emotions to take control. All of this specific information highlighted John's initial reason for playing the song, "Man in the Mirror". At the end of the day, we are responsible for our emotions, and the quest to control and optimize our emotions begins with us!

We had a very exciting end to February! Five community members came together to become certified in Mental Health First Aid sponsored by Johnson County Mental Health on Saturday, February 27th. We learned about mental health challenges and how they impact 1 in 5 adults each year. We also learned strategies to assist individuals who may be experiencing a mental health challenge. One of these specific strategies is the non-linear ALGEE method (provide ALGEE graphic). It is important to point out that this course does not make us mental health professionals by any means, and does not give any of us the (rights) to diagnose or provide immediate medical care. This course emphasized how to have effective conversations to reassure an individual that they are not alone, and what are the proper resources that are available to begin the path to recovery. I am so proud of our community for spending four hours on their Saturday partaking in this class! I know I left feeling empowered to help a loved one, friend, or stranger in a time of need. Looking forward to continuing to sponsor Mental Health First Aid within our community to educate, empower, and continue combatting the stigma around mental health.

6 TIPS TO IMPROVE SELF AWARENESS IN DAILY LIFE

"Emotional Intelligence" Presented by Executive Coach John Bartolac

- 1

Slow Down
When interacting with others, take six seconds to slow down and examine all the variables within the situation.
- 2

Know Your Values
You should establish a core set of values to live by in your every day life.
- 3

Hold Yourself Accountable
Hold yourself accountable to the values that you have set. If you don't, no one else will.
- 4

Be Aware of Your Actions
Understand how your actions can affect those around you, both positively and negatively.
- 5

Find Something Optimistic
Instead of dwelling on worst case scenario, always try to find the positive aspects of situations.
- 6

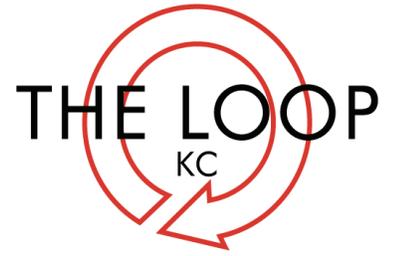
Show Genuine Care for Others
Focus on the improvement of your overall social skills, conflict resolutions, and positive communication with others.

ALGEE: THE ACTION PLAN

- ASSESS** for risk of suicide or harm.
- LISTEN** non-judgmentally.
- GIVE** re-assurance and information.
- ENCOURAGE** appropriate professional help.
- ENCOURAGE** self-help and other support strategies.

On Sunday, February 28th, we held our first in person community event at Top Golf in Overland Park. Our cohort of young professionals came together for some friendly competition, tasty snacks, good chats,

and a fun raffle giving away some GFF SWAG. It was a blast getting to see folks in person and awesome to see the relationships that were beginning to form within the GFF community. At the core of our community are the relationships and the emphasis on building healthy connections with each other. Like we always say, “nobody should be subjected to believe that they are on their journey alone”, and the GFF community stands to be that constant reminder.



Lastly, I teased some upcoming new partnerships between GFF and other organizations in my last newsletter. I am pleased to announce our partnership with The LOOP KC, which is a young professional networking organization within Kansas City, that has an amazing following of young adults who share a passion about getting involved in the community. As such, the LOOP recently partnered with three local non-profits that are working to make a difference including Newhouse, Youth Ambassadors Inc., and Go Further Foundation. We are excited to get the Loop community involved in the Go Further Community in future Cohorts! Be on the lookout in our next newsletter for some more exciting partnerships!

My best,

Mark Potts

