



COMMUNITY CORNER

NEWSLETTER

JULY 2021 | SUMMER

COMMUNITY HAPPENINGS

JULY 20
[Executive Coaching Workshop](#)

JULY 27
[Mental Health Day at The K](#)

AUGUST 1
[Bump, Set, Spike the Stigma](#)



All,

I hope this edition of Community Corner finds you well! It feels fantastic to be back in the swing of things after a great Fourth of July weekend spending quality time with family, BBQing, and celebrating America! We are officially beyond the year anniversary of the monumental point when Go Further Foundation evolved from an idea into a reality. Just over a year ago, Blakelund, Ryder, and I sat down and discussed the vision of Go Further, and set off on our mission to make a positive impact on mental health by supporting young professionals as they transition into the working world. In January, we brought our first cohort to partake in Go Further's programs, and in June we welcomed an additional ten young professionals into our community. This entire last year has truly been surreal, and it never ceases to amaze me how passionate our community members are about fighting the stigma and the strength they display when sharing their own personal experiences regarding mental health. We constantly preach that nobody should be on their journey alone, and I feel so blessed to be in a position to see this becoming true within our community. To everyone who has jumped on this journey of Going Further Together, thank you for your continued support, dedication, and passion for making a difference in eradicating the mental health stigma and overall commitment to making a positive impact on young professionals.

Personal Care Pyramid

Nonnegotiables

Things that make a huge difference in your quality of life. Things you need to go to bat for consistently.

- Coffee
- Sleep
- Alone Time
- Clean Space
- Food
- Exercise
- Going Outside

Maintenance

Keeper you functioning to the best of your ability. Not particularly "fun" but necessary. Being a great parent to yourself.

- 7-9 hours of sleep
- Food, water, movement
- Paying bills
- Grocery shopping
- Physical maintenance
- Chores

Refill

This is rejuvenating and provides more relief and joy than maintenance.

- Spending time with friends
- Doing a fun activity
- Spending time with family
- Spending time with a partner
- Cooking/baking
- Going out to eat
- Traveling

Rest

These are things that actually allow you to turn your mind and body off and rest.

- Taking a nap
- Meditating
- Journaling
- Listening to an audio book
- Going on a walk
- Yoga/Stretching
- Take a hot bath/shower

5 Areas of Life

- Business: The work you do, how you do it
- Social: Friends, Family, Partners
- Health: Physical, Mental, Emotional
- Personal: Goals, Development, Spiritual
- Lifestyle: Day-to-Day, Environments, Experiences

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Lifestyle Design:

What is your ideal situation in each area of life? → What would making those things happen week-to-week look like?

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Establish Minimums:

Ideal: Workout for an hour M-F

Minimum: Walk on the treadmill for 30 minutes while I watch a show

This month's Executive Coaching we were joined by professional Burnout Management Coach Emily Ballesteros to discuss burnout tips and practices to create positive work-life balance. I think I speak for the GFF community when I say this workshop far exceeded all of our expectations. Emily shared her past experiences with burnout, and it was truly eye-opening for the audience how so many of us have gone through similar situations as well. One specific example that really resonated with me was the topic of being tempted to always say yes to too many projects and overfilling your capacity, for fear that it may come off as being weak to your manager if you do not take every single opportunity presented. Burnout is such a prevalent issue, especially in young professionals that are just entering the working

world. These individuals are constantly focused on trying to prove themselves, and it is so easy to put their own needs and mental health on the back burner in order to be what they deem as "successful". The ability to set boundaries and recognize the potential warning signs of burnout allows for a much more positive life, both personally and professionally. Emily said it best when she discussed how employers will focus on the quality of your work. If there is too much on your plate, be sure to work with your employer on prioritization of tasks in order to maintain that high level of quality. If you're interested in more content from Emily, check her out @ Emily Ballesteros on Instagram, or her website @<https://burnout-management.mykajabi.com/>



Looking forward, we have SO many fun and exciting events coming up within our Go Further Community! On Tuesday July 20th, we have our in-person Executive Coaching Session with Financial Professional Janis Dickey, who will be holding a financial literacy workshop for our community members. The following week, we will be participating in Mental Health Day at the K, which will include a tailgate and information table inside the gates both sponsored by Go Further Foundation! Lastly, we have our first annual "Bump, Set, Spike the Stigma" volleyball tournament. The fundraiser will help to raise awareness and spike the

mental stigma out of our communities! Check out our informational flyer about the tournament on our website, and be sure to register a team. Looking forward to seeing you all there! reflection on lessons learned from our own experiences when entering the working world, while also discussing how we are looking to expand our GFF community. I am happy to say that through these speaking events, we were able to spark some new great interest from both potential young professionals and mentors who share the same vision! I foresee an awesome kick-off to Cohort #2!

There are so many exciting ways Go Further continues to make an impact! Please be sure to follow us on all social media platforms @GoFurtherFoundation. Stay tuned for next month's community corner, as I report back on about all of these AWESOME community events!

Until then all the best,

Mark Potts