



COMMUNITY CORNER

NEWSLETTER

NOVEMBER 2021 | FALL

COMMUNITY HAPPENINGS

NOVEMBER 7

GFF Board and Committee Team Building

NOVEMBER 20

Mental Health First Aid Training

NOVEMBER 25

Operation Breakthrough: KC Turkey Trot Volunteer Event

DECEMBER 9

Final 2021 Executive Coaching



Go Further Community, Thanksgiving is right around the corner and has me thinking a lot about what I'm thankful for. One of the things I'm most grateful for is the Go Further community. I am so thankful for the folks involved in growing our community and making a positive impact on young professionals. It has absolutely blown me away to witness the commitment and passion from those involved who have helped grow our programs and become leaders within Go Further. Beyond making an impact in our community, I love working with these talented individuals and learning from their unique experiences. With the close of the year upon us, the team is focused on measuring the success of our programs and creating strategy and goals to continue achieving our mission in 2022. Our committee and board members all came together at Chicken N Pickle to discuss how we accomplished our Mission in 2021 and how we will continue to build momentum into 2022. The creative juices were flowing during our ideation session, and I can't wait to share with all of you all the great work we've done. Stay tuned for our "Go Further Foundation Year End Review"!

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We also had a fantastic Executive Coaching Workshop in October joined by Tim DeWeese, Director of Johnson County Mental Health to talk about Leadership and Mental Health 101. Mental Health 101 is a high-level introduction to Mental Health and is intended to help our members better understand its impact. Understanding Mental Health helps promote more conversations which is an effective way to continue destroying the stigma. Having those conversations can sometimes be difficult so we started the training by watching a quick video about “Embracing the Awkward.” If we can embrace the awkward and let someone know that we genuinely care about their well-being and that they are not alone, that can make all the difference.

We also talked about leadership. Tim dropped about 20 quotable nuggets but a few of my favorites were “Leadership is often thought of taking control and attracting followers, but my approach is giving control and creating leaders” as well as “Be Mindful not Mind Full.” I take both to heart especially when it comes to Go Further. As I mentioned above, there are so many leaders involved in GFF and it’s my responsibility to equip them and empower them so together we can continue to grow the impact GFF makes. I also believe it’s incredibly

important to be present (mindful) in the moment. These days it’s so easy to get caught up with your past, worry about the future, or become trapped in technology that is begging for our attention. Taking that second to appreciate the moment is a powerful way to reduce all the noise around us. Tim has been a friend and a mentor to Go Further from the early days. We look forward to continuing educating our community through Mental Health 101 and his leadership teachings.

EXECUTIVE COACHING WITH TIM DEWEESE



That wraps up our October! I'm thankful for your support of our mission here at Go Further. With the Holidays coming up, I hope everyone has a chance to take some time off, reset, recharge and spend time with friends and family. I'm pumped to share with you our Year End Review in the next publication of Community Corner!

Until then all the best,
Mark Potts