



# COMMUNITY CORNER

## NEWSLETTER

SEPTEMBER 2021 | SUMMER

### COMMUNITY HAPPENINGS

**SEPTEMBER 14**

Chicken N Pickle - Spread Hope KC Event

**SEPTEMBER 23**

GFF Community Networking and Social Hour

**SEPTEMBER 30**

KU Wellness Week - Information Table

**OCTOBER 3**

Sporting KC Mental Wellness Day

 [gofurtherfoundation.com](https://gofurtherfoundation.com)

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Hello Go Further Community!

As Summer begins to wind down, we find ourselves in September which is also Suicide Awareness and Prevention Month. Go Further provides a community to young professionals to be a constant reminder that nobody is on their journey alone. Since 1999 suicide rates have increased 35% in the United States (NAMI) which lets me know we can be doing more! While communities are doing a better job destigmatizing mental health discussions, we still need to be doing everything we can to let people know it's okay to not be okay, and we have your back, especially through these turbulent times. We are stronger together, sometimes we need a sign to reach out to the people we care about. If you're reading this, here's your sign. Reach out to that person you've been meaning to reach out to but haven't, it could make all the difference.



One of the ways that Go Further Foundation combats suicide is through education. We believe that knowledge is power, the more we learn and understand

mental health the easier those conversations become. This will not only help you support the people you care about, but it can also help you become more self-aware and practice self-care in support of your own mental well-being. This month I'm excited to announce that GFF has officially won its first grant from Johnson County Suicide Prevention Coalition to support Mental Health First Aid trainings for our Go Further Community. Through this grant we'll be able to empower our young professionals to take mental health into their own hands to impact their own social circles.

As you all know Go Further Foundation is continuing to grow. We have so many talented, passionate, and ambitious young professionals a part of our community and it's time to lean on them to support the continued growth of GFF. As such, we are officially launching Go Further Committees! These committees will focus on different areas within Go Further lead by young professionals partaking in our programs. This is a fantastic way for our folks to get more involved and be a pivotal part of shaping our programs to ensure that everyone has an amazing experience. Shout out to the following Go Further members who have stepped up to be apart of our first committees – Cade Green, Nick Dragush, Piper Coen, Andie Fitzpatrick, Matt Bowman, Laura Rook, Alee Habib, Katie Tweedie, and Mel Mohr.

Our first order of business with our new committees was our Events Committee setting up our Executive Coaching session for the Month of August! Matt and Laura partnered up with Brew Lab Brewery to host one of our very own mentors, Emerson Hodes, to lead a workshop on the "Ins and Outs of Networking". Emerson is a leader in the Kansas City area and a consummate entrepreneur involved in multiple ventures throughout KC. A professional networker, Emerson is founder of the Loop KC, a young leaders networking organization that has over 130 members and 5 branches across the country with the goal of cultivating friendships that serve as the foundation of future business opportunities.

Emerson discussed with our community how to effectively network, how to set up a coffee meeting, how to conduct a coffee meeting and how to follow up. Pro tip: Emerson recommends that a good written note goes a lot further than a text or an email. He even gave our group homework – To get a coffee meeting set up with 9 people. 3 people inside your network you know you can get a coffee with, 3 people close to your network you want to get a coffee with, and 3 people outside your network where getting coffee with them may seem a little far-fetched. Networking is one of the most important skills when it comes to the professional landscape, and it was extra special to learn from Emerson on how to do it successfully.



The Go Further formula consists of a little personal and professional development, sprinkled with mental health education, with a large dose of awesome events and opportunities to build friendships that can last a lifetime. As we continue embarking on this journey it becomes more and more clear who we are and how we make a difference. As always thank you for your support of Go Further Foundation, talk to everyone in the Fall!

Going Further Together,  
**Mark Potts**