

Leadership Management Seminar 2017 – What It’s All About

Getting to Know You

Around 4:30 pm on Sunday evening as the lobby began to fill with wonderful smiles and feeling of anticipation, the 2017 Leadership class of DKG began to arrive. The committee members were introduced and the "Hello, I'm _____" echoed throughout the room. After a light dinner, the participants began to introduce themselves. Each one had been asked to bring three items that would serve as a personal introduction to the group. Some items that were used included the following: jewelry that was over 100 years old, items made by family members, pictures of children and pets, Bibles, and Broadway playbills. The devout faith and strong passions of each committee member came to the forefront and filled the room. The wonder of all the introductions wove us together as loving, caring, and compassionate ladies destined to become red rose sisters.

Cultivating the Leader in You

After Sunday night's introductions, Monday consisted of presentations from Leadership Management Committee members and experts. After a delicious breakfast, Debby Renfroe (Alpha Xi) presented the "Mind Over Reality" session. In this session, participants assessed their stress levels and learned practical methods for managing stress, including breathing and stretching techniques. Next, a session entitled, "Qualities of a Leader," was presented by Karen Fayard (Alpha Upsilon). LMS students were met with thought-provoking questions and statements concerning the qualities of leadership. The following quote from Dave Anderson, a veteran and author, states that leadership is, "using influence to accomplish moral and honorable goals." The topics of professional behavior and professional image were brought by Toni Cook (Alpha Upsilon) and Nancy Jay (Alpha Theta) in a two-session presentation. Topics covered during the sessions included professional etiquette and professional dress, among other things. In a presentation by Mickie Autry, PhD, NP-C, of Ovation Women's Wellness clinic, LMS participants were informed about many issues that women face which may often go ignored by other Physicians. Women were encouraged to be aware of changes happening in their bodies and to be open and candid with their OB/GYN Physicians. Dr. Autry's primary message was about not necessarily accepting hormone replacement therapy often prescribed in mainstream medicine, but to, instead, seek hormones uniquely prescribed for you. Later in the evening, participants were invited to join Beverly Hesterman (Alpha Alpha) on a one-mile walk. Finally, after a hearty dinner, participants learned about the practice of essentrics. Also known as "classical stretch," essentrics engages all of the muscles in the body to ultimately tone, strengthen, and lengthen muscles. Led by instructor Susan White, participants became aware of weaknesses and strengths in their own bodies. Essentrics may be done at any age, any activity or ability level, and with using only the weight of your body and limbs.

Goals, Rights, and Roses

Tuesday, we began the day realizing the importance of prioritizing and realizing our goals. Gay Saxon's presentation on "Personal Goal Setting" had us thinking about what was truly important for each of us, what we want to be remembered for, and how to mesh all of these things together. These lessons seemed to be hard for some of us as we eliminated important item after item to realize what is the most important aspect of our lives. Whether it was our faith, our children, or our job, Saxon made the point that whatever goals we set, they should be evaluated through this priority's lens. So, whether we envisioned ourselves under a tree, homeless and on the verge of death, that would be ok because we'd have our faith and make decisions accordingly. Mr. Miller Faulk then taught us the importance of being aware of identity theft. A few of his helpful tips included: always check ATM's for skimmer devices, don't use your debit card for online purchases, be careful with sign-in and password info, and use online identity theft companies to check your identity for fraud. After lunch, Ms. Betty Barrett presented "Law from a Women's Perspective." Her helpful advice gave us information on our rights in situations such as divorce, employment, wills, and power of attorney rights. Creating beautiful rose crafts followed this most informative session and these crafts were a fun brain break! All of our creations

turned out unique and beautiful. All in all, Tuesday was busy and productive with more and more opportunities for us to grow and learn together.

Wrapping Up

Wednesday morning began with a most informative session led by Dr. Jimmy Richardson of Richardson Consulting. Dr. Richardson is a trained Myers-Briggs consultant who through his lively inspirational session identified each LMS participant's personality indicators. The participants learned that they were different yet similar, all but three participants shared their personality type with at least one other person. The Graduation Ceremony followed with opening remarks provided by Karen Fayard, LMS Chairman, a blessing by President Tracey Crawford, "The Beatitudes of a Leader" shared by Angie Woodcock. The LMS Class of 2017 response was then presented. The class shared their rendition of "Put Your Cape On" to the great delight of LMS alumni in attendance. Toni Cook, Shirley Hamilton, and Beverly Hesterman then presented LMS pins to each graduate. Linda Hollingsworth, President-Elect issued the Leadership Challenge to the Class of 2017. The program concluded with all Delta Kappa Members joining in the sweet harmony of "The Delta Kappa Gamma Song".

The Leadership Management Seminar should be experienced by **all** members of Delta Kappa Gamma. The time spent is truly about the woman as an individual, not just about the duties associated with membership in Delta Kappa Gamma. As Ecclesiastes states. "There is a time for everything and a season for every activity under the heavens"...the time-frame of June 11-14 was the Class of 2017's time for learning, sharing, and growing...individually and collectively.

From all of the participants we say a very hearty thank you to all those who shared their time, energy, and knowledge to make us better women and better leaders.

~2017 LMS Participants