



# VISION

July 2019 -- Vol 19 Issue 3 -- Summer Edition

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2019 Conference for Women

## From the Chairman of the Board: Pauline Shirley



Watching the conclusion of the soccer game in which the USA Women's Team won the World Cup was a delight. During the game it was apparent that the women were a

team. They knew each other well, encouraged each other and supported each other in their goal to win! The post-game awards, celebrations, etc., made their teamwork even more obvious. They hugged and congratulated each other; smiles were broad in every woman's face. The spirit of the team gave us a clear picture of why they were winners. They were a team!!

There is great joy in being part of a team, regardless of the purpose of the team. Being a part of a team builds confidence and allows for growth unimagined -- growth in knowledge, self-confidence and personal satisfaction.

As a member of WOVI you are a part of the WOVI team, your Chapter team and the Leadership team when you serve your Chapter in a leadership position. That's one of the reasons we refer to Chapter leadership as the Leadership team and not the Executive Committee. You are a team that is stronger than a committee.



**Mark your calendars**

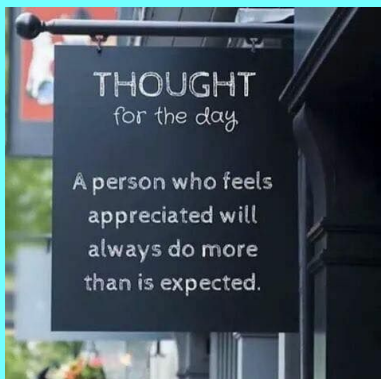
## for these important WOVI dates:

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Sept. 28 -- Leadership  
Summit

Oct. 25 -- Mentor  
Recognition Luncheon

Dec. 5 -- Holiday Social



We are in the middle of July. Another year more than halfway gone. In a little over a month your Chapter will be electing new leaders to serve for the October 2019 - September 2020 year. This is a great opportunity for you to step up to serve the members in your chapter. To serve is to grow and to feel joy because you're making things happen that allow every member the opportunity to grow. Just in case you are thinking, "I'm not interested in improving my leadership skills," consider the joy in serving and take what you learn and experience as a matter of fact.

On another note, consider what you've already gotten out of your WOVI membership. Then consider what more you can and will get out of your membership. You will get even more by serving your Chapter. To feel and know your service has made a difference in other women's lives is one of the most rewarding experiences you can have. And WOVI offers that possibility to you. Grab it and go with it! You'll be glad you did.

Fellow team members of WOVI, make the most of your membership. And know this, the more you give, the more you get in return! Leadership in WOVI will Light your Fire!!

Love to all,

*Pauline Shirley*  
*Co-founder and Chairman of the Board*

## News from the Management Council President



Do you take the time to celebrate your successes or do you just minimize the importance of the extraordinary things you do? If you stop to think about it there are so many things you do and do well that you take for granted because you've been doing these things easily for so very long. If you're like me, when your friends compliment you on your accomplishments you just dismiss them and say things like "It's no big deal" or "Anyone could have done that". Stop doing that right now! Because as women, and as women of visionary influence in particular, we do the extraordinary with ease all of the time.

Think about the last big project you completed. Do you have it in mind? Now think about how you celebrated your work. Perhaps you shouted a mental "yippee!" You might have gone for a massage or out to dinner with friends. The form of celebration is not important. That fact that you pause to celebrate successes is what matters.

The next time you have a moment of peace, take out one of your fanciest pieces of paper and create a list of the things you've accomplished since January. You know, those things you didn't acknowledge as significant. Then decide you won't skip celebrations of **you** anymore. And to be sure you don't, take out another sheet of paper and develop a list of things you'll do to celebrate your successes.

Yours in service,  
Charlene

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**InterestRings! Spark your imagination and creative flow! Look at these opportunities to stretch yourself.**

## WOVI's EmpoweRing -- the First and Still Making a Difference



The first of WOVI's Rings, the EmpoweRing, has made a huge difference in the lives of many WOVI women over the years. You can be the next! Now is a good time to check out the EmpoweRing and see what it can do for you as well as what and how you can support others.

What is the EmpoweRing, you wonder? Simply put, it's group mentoring with a healthy dose of accountability on the side. It meets once a month on the second Wednesday at 7:00 pm at Panera Bread at the southeast quadrant of Central Expressway and Campbell in Richardson. The EmpoweRing will help you meet your goals and truly make a difference.

Send an email to [woviex@wovi.com](mailto:woviex@wovi.com) expressing your interest and to be included in the reminder emails that go out prior to the meeting each month.

Start by adding EmpoweRing on the second Wednesday of each month on your calendar. You'll be glad you did!

*Pauline Shirley,  
EmpoweRing Facilitator*

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## HealthRing is Making a Splash



We're having some great success stories in the HealthRing! If you're interested in improving or maintaining good health, this is a great place to start. The topics have been very interesting and informative so far: tenets of health, inflammation prevention, chair yoga, and a walk and talk on the brain and movement. Upcoming HealthRing topics include nutrition in August and mental health in September.

The HealthRing provides an opportunity to share your goals, successes, setbacks, tips and tricks to help keep you motivated. Knowing that someone is checking on you and cheering you on while keeping you accountable will greatly increase the likelihood of your achieving your health goals. And when you have a "win", we celebrate!!

Put the first Tuesday at 6:30 pm on your calendar and join the latest craze in WOVI!

August 6  
September 3  
October 1  
November 5  
December 3

Location may vary, so read your emails, check the [website](#) or reach out to one of

the facilitators listed below to learn more and to get on the email list for upcoming meetings. Members and guests are always welcome. Guests may attend the WOVl HealthRing twice before becoming a member of WOVl -- either a member-at-large or a member of a specific Chapter. It's a great way to get involved in mentoring and in making a difference in our world.

See you soon!

[Shanda Stanley](#)

[Dr. Dawndi Tomlinson](#)

[Janet Wilemon](#)

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## WritersRing Offers Practice, Education and Sharing

The WritersRing is taking a break in June, July and August. We'll welcome everyone back after the summer break on Wednesday, September 25, 2019.

Would you like to learn the importance of bios? How about editing, publishing or blogging? Our new format will include sharing our writing, a writing exercise and an education session on a topic of interest.

Please join us on Wednesday, September 25, 2019, at the Panera Bread, 730 E Campbell Rd Suite 300, Richardson, TX 75081 from 7 PM to 9 PM.

Please [contact](#) me for more information about WritersRing Dallas, RSVP on MeetUp or visit us at a monthly meeting.

*Lisa Hill*

*WritersRing Facilitator*

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## Chapter Corner...what's happening in your corner?

See what other Visionary Women are doing in their worlds. Have some time? Get out and visit another Chapter!

## WOVl Addison Celebrates Service

WOVl Addison Chapter continues to celebrate the many women who are committed to WOVl's goal to lead, educate and mentor women of all ages, professions, ethnicities and interests. Their commitment is strong not only in action, but in their tenure with WOVl.

In the first seven months of this year alone, we have four women with a combined total of 40 years (7, 9, 11 and 13) of membership. They shared their reasons for continuing their commitment to WOVl: "After 13 years of consistent membership I still look forward to connecting with women with whom I've developed solid relationships. I always come away with a 'pearl of wisdom'." "Nine years of meeting and connecting with

phenomenal women while learning from them keeps me energized with a sense of belonging and growing." "Eleven years now with wonderful WOVl women. We've grown together from the great topics and speakers, the supportive and insightful mentoring, being together and being on the Leadership Team." "Seven years in WOVl...how time flies. These past seven years, being a WOVl member has helped enrich my life. The benefit of our mentoring sessions, the camaraderie and the positive energy at meetings and events has certainly carried over into other parts of my life." Mentoring others to help them grow continues to be at the forefront of their commitment. They also continue to invite other



Longtime members Sheila Riddle, Peggy Campagna, Glenda Heil and Mary Boyd



women to join them as guests and become members.



Longtime member  
Angie DeAnda

When women walk through the doors of the Olive Garden to the WOVl Addison monthly meeting they are always welcomed with a big Peggy Campagna hug. We're known as the "hugging" Chapter. It doesn't get any better than that. We all want women to feel welcomed when they walk into a WOVl meeting because they not only receive warmth they leave with "pearls of wisdom" our speakers will share in their presentations.

We thank all of our members and the guests they bring for continuing to support our vision for the organization and for this strong Chapter. Join us on the first Wednesday of the month from 11:15 to 1:15 at the Olive Garden, 4240 Belt Line Road at Midway, Addison, TX 75001.

**Come join us!**



*Mary Boyd  
President  
WOVl Addison*

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## WOVl Arlington Mid Cities Is Home, Home at the Ranch

Oh, home at the Ranch (La Hacienda Ranch in Colleyville), WOVl Arlington Mid-Cities has the Leadership Fires burning! Once a month is heard the most encouraging words from outstanding, motivating speakers. We had a wonderful kick-off to summer with speaker Sonya Leonard with "Getting Ahead with the Slight Edge". It's amazing how the small simple baby steps, being disciplined and moving in the right direction will lead you to success. In May we were inspired with recent psychology graduate Bindu Chintha with "The Power of Positivity". Then in June we took a crash course in financial frugality from our own Jacquelyn Martin's "Tightwad, Frugal or Bargain Queen" where we benefited from the sharing of several practical, cost-saving tips that will help all of us stretch that budget further each month.



WOVl AMC members are  
home, home at the Ranch!

What a bargain it is! With July renewals, WOVl AMC announced that we're reducing our meeting fees. Now both our members and guests will pay the same \$10 meeting fee. At WOVl AMC we're committed to providing our members with positive encouragement, great programs and inspiring mentoring activities inside and outside Chapter meetings. Our mid-year renewals are on target, and we're ahead of the game as we reach out to recruit new members and officers for the new WOVl year this coming fall.

WOVl Arlington Mid Cities next meeting will be on Monday, July 29th at 5:30 pm. You can find us at La Hacienda Restaurant, 5250 Hwy 121, Colleyville, TX 76034. We hope to see you there, with our exciting July speaker, nationally syndicated talk show host



Sonja Leonard and Jacquelyn Martin

Judy Gaman. Health expert Judy will challenge us as we explore "Are you sabotaging your success?" Don't miss this fun and exciting presentation on the most important topic of personal health.



*Deb Sanford  
President  
WOVI Arlington Mid-  
Cities*

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## WOVI Garland/Mesquite -- the Cure for FOMO

I learned a new acronym recently. FOMO -- Fear Of Missing Out. I have to say that if you have not yet attended the WOVl Garland/Mesquite Chapter, you are indeed missing out! What's the best way to get over this fear? Meet it headfirst!

So, for those of you with FOMO, put the second Tuesday of the month on your calendar and join us at Denny's in Garland (Interstate 30 at Belt Line/Broadway.) Our Chapter has had some amazing speakers and our newest members are thoroughly enjoying the MentoRing™ each month. Our leadership team is up to the task of planning and executing powerful meetings. The enthusiasm and camaraderie are contagious and the food is delicious. There is certainly no need to miss out on one of our great meetings.

We have a great team assembled and want to charter as soon as we can, hopefully by the end of the year. We are having a special membership drive at our meeting on September 10. Pauline Shirley, WOVl's Founder and Chair, and other panel members will extol the benefits of membership in WOVl and the effects mentoring has made in their lives. Bring a friend...or two.

You may already belong to a Chapter yet know someone in the Garland/Mesquite/Rowlett/ Rockwall/Wylie/Sachse area who may be interested. Think of someone who needs WOVl in her life for personal and/or professional improvement, and think of others who have much to offer WOVl in the way of mentoring and leadership. WOVl Garland/Mesquite needs both. Invite them to get involved! And remember that you can attend any WOVl meeting for the member's price. So even if you belong to another Chapter, come check us out.

I do hope YOU will join us. Never be the one who says, "I wish I had...." Be the one who declares, "I'm glad I did!" No more FOMO!



*Janet Wilemon  
President  
WOVI Garland/Mesquite*

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## WOVI McKinney Offers Outstanding Speakers

WOVI McKinney is continuing its tradition of outstanding, diverse speakers. July is no exception as former Chapter President Sue Riley presents "Life is a Journey: What I have learned from my travels!". You won't want to miss this exciting

presentation on July 30.

WOVI McKinney meets the fourth Tuesday of every month at:

Hampton Inn & Suites McKinney  
2008 N. Central Expressway  
McKinney, TX 75069

Registration opens at 5:30 pm and the meeting starts at 6:00 pm. The cost is \$10 for members and \$20 for non-members.

We are so looking forward to having you with us!



*Michel Morales  
President  
WOVI McKinney*

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## Create a Ripple in the World at WOVl North Dallas

Summer is a time for sun, vacations, friends and family. Meetings are a mini-escape, a mental vacation from the stresses of the outside world as we support and empower each other. As a member of WOVl you will always have friends and family tied together by the power of women and mentoring.

Spend a sunny summer evening growing with like-minded women and learn a new skill or hone an existing one. We are continuing to see growth in our Chapter and our members, who will help create a ripple in this world for good.

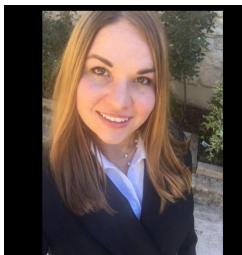
Please make plans to visit us on the third Thursday of each month at:

On The Border Mexican Grill & Cantina  
4855 Belt Line Rd.  
Dallas, TX 75254

Plan to arrive around 6:00 pm for social time and to place your food order. The meeting will begin promptly at 6:30 pm.

There is a meeting fee of \$5 for members and \$15 for guests. Food is available for purchase from the menu. Need more information? Please visit the WOVl North Dallas page on the WOVl [website](#). Follow us via the WOVl North Dallas [Facebook page](#) and [Meetup](#). Feel free to use #WOVI #empoweringwomen when checking in!

We welcome all women! I look forward to welcoming you into our fold and continuing to empower women to make a greater ripple in this world through connection and community. I will see you very soon!



*Dawndi Tomlinson  
President  
WOVI North Dallas*

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## Banish "Should" at WOVl Sherman

I've delivered two talks last month and there was a common piece that was really appreciated by the crowd: when I talk about the word "should".

It's a word we use a lot in our self-talk and when we're thinking about someone else's actions. It will either make us feel guilty and change a behaviour or distract us and make us feel off-course. I should, you should, he should, she should, we should and they should: these are the beginnings of sentences that inject other's opinions.

The word "should" indicates that there is a projection of expectation by self, or other, onto self, or other, around a different behaviour that is thought of as better, more successful or wiser than the current one. For example: You should tidy the house, I should get up quicker in the morning, He should make more money, She should study more...

"Should" indicates someone other than you who has the authority, the sway. The thing you "should" do has more weight psychologically, has the approval of society. It's your job to prove to your "inner jury" that the chosen behaviour or activity is actually correct for you. Our life is full of unconscious conditioning we don't even notice where we have injected the values of someone else.

When you hear "should" in your self-talk, it's a chance to unpick this conditioning and know yourself better! The "should mosquitoes" buzzing around your head are feedback to tune into your authentic self, asking yourself some quality questions. For example, if you think I "should" get out of bed quicker in the morning", ask yourself these quality questions:

- Who says? Who is the authority figure that I am holding in my head when I think that?
- Whom do I think is watching me and judging me?
- What are the benefits to me of staying longer in bed?
- What are the benefits to me of getting out of bed earlier?
- What is it that I truly am inspired to do?

As a result of your answers to these questions you might find yourself coming up with a system of four days a week where you get up early and three days where you'll lie-in longer. Guilt is gone!

For the Women of Visionary Influence: it's important to bring your decisions into your consciousness so you have better knowledge of what makes you tick and can therefore feel more empowered about your choices. It stops the incapacitating guilt and the sense of powerlessness when you were just running through the motions without stopping to check-in with why.

Want to hear inspiring speakers and be around like-minded women? We'd love you to join us at WOVI Sherman, the group that gives!

We meet every month on the third Tuesday 5:30-7:45 pm.

227 S. Travis  
Sherman, TX  
Free first time, \$20 Guest, \$10 Member  
Food and beverages are provided/sponsored

Find us on Facebook and Instagram @wovisherman

WOVI is a wonderful platform for sharing the diversity of our journeys, to witness how we individually make a difference and have visionary influence. We'd love you to join us!



*Tania Tuck*  
*President*  
*WOVI Sherman*



**Did you miss any of these WOVI events?** Then you missed out on incredible growth and learning opportunities. And you missed a chance to meet and mingle with our fabulous WOVI women!

## 2019 Conference Ignites the Fires of Possibility

If you've never attended a WOVI Annual Conference for Women, you have a missing piece to your life. If you have attended one, you know beyond all doubt that you'll be there year after year. There quite simply is no better place to spend a day being inspired, learning, laughing and spending time in the company of strong, wonderful women. This year's Conference, "Igniting the Fires of Possibility", did all that and more.

This year's lineup of presenters was truly outstanding. Two amazing keynotes, a lively panel discussion and four breakout sessions offered something for everyone. Add to that the Vendor Faire, Silent Auction and a chance to mix and mingle with other WOVI women, and I think everyone left with insights and good memories to last until next year's Conference.

Here are some photo highlights of the day:



Registration and the Vendor Faire



WOVI women enjoying breakfast and each other



Judge Amber Givens-Davis enthralled us with her keynote ""Walking in Your Purpose Whether the Road is Paved or Not"



Kelsel Thompson leading the thought-provoking panel discussion, "Finding Your Voice"



Panelists Judge Amber Givens-Davis, Sandra Lohr and Krista McCrimmon offered a diverse range of stories and insights



During Claire Billingsley's keynote, "Is the

Hokey Pokey Really What It's All About",  
we laughed, we learned and yes,  
we did the Hokey Pokey



Alicia Morgan with her breakout session "Owning Your Story and Igniting Your Power to Mid-Career Success"



Peggy Edge told attendees at her breakout "How to Get Recognized as an Expert in Your Industry"



Charlene Burroughs discussed emotional intelligence in her breakout session



Jennifer McDaniel presented the inspiring breakout session "The Conscious Feminine Leader"

It's not too early to plan on joining us for next year's Annual Conference for Women, April 18, 2020. Mark your calendars now, and we'll see you there!

*Kathie Clark*  
*Board member*  
*VP Communications, Management Council*


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In the past few months I've had several occurrences of what I like to call "drive-by mentoring". I'm sure you've had it happen too -- one of those occasions where you find yourself spontaneously offering advice/mentoring to someone other than a formal mentee. That's one of the true gifts of learning to be a mentor. And the one constant I've found in all these occurrences is that my ability to mentor was in direct proportion to my ability to listen. So don't forget that active listening is one of the most vital components of successful mentoring!

**Kathie Clark**  
**Board member**  
**VP Communications, Management Council**

Do you have a knack for writing? Would you like to be a contributing writer to the *VISION*? Share it with us! Let us know what's happening in your corner. Email your interest or stories to: [VISION editor](#)



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