

WiP THEME: *Well-Being*

Here are some ideas for exploring the theme well-being with your Women inPower chapter:

1. Host a discussion. Some sample questions you can ask your group:

- What do you do to take care of yourself?
- When you think about all the aspects of your life, do you feel like you are flowing easily or fighting upstream against the current? If you were riding a bike (as a metaphor for life), do you feel like you are moving along balanced, or wobbling and off-kilter? What would make you feel which way?
- Can you identify times in your life when you prioritized your own needs and well-being? What did you do? How did that feel? What were the results?
- Do you prioritize your own well-being on a regular basis?
- How do well-being and balance in your life impact your ability to be a leader? Is well-being harder or easier for women to achieve than men? What factors make a difference?

2. Work through an activity together.

- Have everyone take out a sheet of paper. (Or you can print out the worksheet here and have copies for everyone beforehand.)
- Everyone should write down these 10 words in a list: Creativity, Education/Self-Improvement, Physical Activity and Exercise, Family, Finances, Friends, Goals, Health, Hobbies/Passions, Relaxation, Spirituality, Work.
- Next to each of the words, rate yourself on how fulfilled you feel in each category on a scale of one to 10, one being unfulfilled and 10 being having everything you could want in that area. Give everyone five to 10 minutes to give themselves a rating and jot down any thoughts that come to mind.
- Next, everyone draws a large circle taking up as much of a page as possible and marks one dot in the very center of the circle and 10 dots evenly spaced around the edge of the circle. Draw a line between the center and each dot, making 10 spokes. Each spoke has 10 evenly spaced small notches.
- Each of the “spokes” represents one of the words listed. Mark the notch for the rating you gave yourself in each category.
- Now connect the notches.
- This creates a visual representation of another circle. If this was a wheel and you tried to roll it, how well would it roll? Are there areas that are too flat to allow the wheel to roll?
- Share observations and learnings with the whole group.
- Talk about what works in each of the categories and why some areas are fuller than others.
- How important is a “full wheel” to being an effective leader?

3. Invite a speaker to talk about his/her experience. Some ideas of people you can ask:

- A family therapist or leadership coach. How do they teach people to be responsible and effective leaders without sacrificing themselves as individuals?
- Consider inviting a yoga or meditation or spiritual teacher to be a guest presenter.
- Ask your chapter for ideas. Pool your connections and identify someone you may already know.

How did it go? Did you find something worked particularly well or not so well? Did you follow the script or make up your own? What did your group learn? Share your experiences in the Women inPower Facebook group so we can all learn from each other.