

## **Vicki's sharing at 1<sup>st</sup> Meeting:**

What do we hope to gain from being a part of the Winner's Circle support group?

We began our initial "Winners" circle support group with an inspiring video presentation and Power Point introduction to the vision, mission statement and opportunities provided by WINNERS. The women who attended shared personal introductions and ideas around the table.

Preparation; Sharing; Planning; Intentional; Challenging; Vision; Legacy; Commitment; Educating; Learning; Purpose; Fun...These are some of the words we will repeatedly hear as a part of WINNERS. They are words that impress upon us a desire that is put into action—a decision to face the world head-on. All of these actions can help to cushion the negative impact life can have on us when things go amiss. We believe a little preventive self-care planning can go a long way in bettering our lives.

There is much to learn from the comment "Sully" Sullenberger III made during an interview with Katie Couric. After the successful downing of US Airways Flight 1549 into the Hudson River he said, "It might be that for 42 years, I've been making small, regular deposits in this bank of experience: education and training. And on January 15 the balance was sufficient so that I could make a very large withdrawal." If we learn and accumulate wisdom, we will have sufficient living experiences in which to draw strength. This can dramatically affect our lives and the lives of those we have the opportunity to serve. Learning and discovering meaning in a community of like-minded women is a powerful force. The support, objective input, friendship, and encouragement of others can be a comforting lifeline that keeps us tethered safely to shore when the storms of life hit. Knowing there is someone, or many "watching our back" can be a collective calming effect in our personal lives. We are not created to be alone or to go through life in isolation. Our hope is that WINNERS will produce an insurmountable band of strong and influential women; a group of women determined to enjoy life and breakthrough with victories when dreams are shattered. In banding together, we can hope to provide strength when our ability to overcome difficulties and losses tests our coping and management skills beyond what we think we can handle.

We come to WINNERS with a desire to develop relationships and to learn life skills that can contribute to gifting ourselves through the contributions of others, and through giving from our own person experience. We desire clear and healthy thinking and we want to develop and continue to experience transformation—to be the best that we can be! If we put our heads and our hearts together, we have a tremendous opportunity to live our lives as "WINNERS," and to find the purpose and meaning inherent in each individual.