

**I am so happy that you are attending the Leadership Training Retreat, even though you may not be in a leadership role right now. It shows that you have a vested interest in our Soroptimist future to shine bright.**

**My workshop is to be able to explore through your own values, what is important to you and how they make you shine individually. We will also discuss the value of Soroptimist Membership and its importance in your club.**

**Everyone has an envelope containing 4 squares with 5 different colors each.**

**Sort each color in rows by color so you should have 5 rows in front of you.**

**For this exercise you will need to reflect personally and professionally on their values.**

**AQUA: Think about four material items/personal possessions that you value the most. Write down only one answer per piece of paper.**

**PEACH: Write down the four people that have had the most profound impact on you - some may actually be a bad relationship through which you learned a great deal. Four people who are the most important to who you are today. They can be family members, friends, mentors, Soroptimist members. Only one person per sheet and be name specific.**

**GREEN: Think about four memories that you always want to have and write them down. These memories can be good or they can be a tough memory that you have learned from. However you may want to define them, things that have made you the person you are today.**

**YELLOW:** Think about four goals that you find important to set for your future . A goal you desire that results in a plan that you commit to achieve.

**ORANGE:** Write down four places that are important to you. It could be your hometown, your home you grew up in, a vacation spot, just any physical place.

Take a few minutes to look over these values that you have in front of you and think about why they are important to you. Think about the good times and the tough times that come along with some of these.

Now that you have thought about these values, take six away.

When you take these away, that means that they are no longer a part of your life (you never met this person, went to that place, have possession of this item or are not working towards that goal).

Take five more away

**Take four more away**

**Not only take two more away**

**This should leave you with your top three values in life, true?**

**Remember, a value is person's principles or standards of behavior;**

**one's judgment of what is important in life – something or someone**

**you consider to be important or beneficial; have a high opinion of.**

**These are the top three things that influence who you are on a day to day basis.**

**How many of you were left with more than one material item, or**

**more than one person, more than one memory, more than one goal,**

**or more than one place?**

**How many of you found that the easiest values to eliminate were**

**from the material items, people, goals, memories, places?**

**Can anyone share what values they were left with and why they are**

**important to you?**

**Let's think about why values are important to being a Soroptimist member. Members join and stay involved with Soroptimist for various reasons, so it's important to know what they value.**

**Members will decide to continue their membership only if they feel their Soroptimist experience is meeting their expectations for helping to improve the lives of women and girls, and they are receiving value for their time and money.**

**Through a survey SIA discovered the top five qualities members value the most from their Soroptimist membership. Here is how you can use these values to help create a healthy club atmosphere for current members and be attractive to prospects:**

### ***Personal connection to the mission***

**Ensure your club is taking part in our signature Dream Programs, the Live Your Dream: Education and Training Awards for Women and Dream It, Be It: Career Support for Girls and the Liveyourdream.org program.. Emphasize how members' support of these life-changing programs affects the lives of the women and girls who benefit from them. Your club can invite a Live Your Dream Award recipient as a speaker to remind the members of how their work makes a difference.**

### ***Friendship and fellowship***

**Have clubs offer opportunities for socializing before**

**and after meetings, so members can mingle and get to know one another. Make sure there are fun times and celebrations to balance out the business side of Soroptimist. Use simple icebreakers and teambuilding activities to get to know each other and make connections. Most important, stress civility and hospitality among all members!**

***Opportunity to volunteer in local community***

**In addition to the Dream Programs and the importance of participating and supporting those, clubs can offer other volunteer opportunities as well that address the needs of the local community. This is where clubs can use [LiveYourDream.org](https://www.LiveYourDream.org) to supplement **volunteer opportunities** the club might**

**not be undertaking as a whole—like [STOP Trafficking and Teen Dating Violence](#). Explore the [Soroptimist Model Program Kits](#) to help address issues facing today's women and girls, establish connections, and build relationships in your community.**

***Being with other like-minded women***

**Nobody wants to feel alone in the world. When you are with a group of women you can relate to, who share your passions and drive—it just makes life easier and better. Members find life can be more fulfilling when there are like-minded women around who they can celebrate successes with or have support from during a tough time. Members join**



**Soroptimist because they share a passion for improving the lives of women and girls, so keep our mission at the forefront of club activities.**

***Being part of a global organization***

**How many of your non-Soroptimist friends get to experience the friendship, learning and sharing with other women from across the globe who share the same passions? Even though we may live far apart and speak other languages, there is still that common bond of being Soroptimist members and sharing the excitement and enthusiasm for bettering the lives of women and girls. Remind members in your club how special that is!**

**These five values are critical because they are what members have told us is important to them. It's what they want when they join. It's what keeps them coming back for more.**

**Now that you know these values, use them to build stronger relationships in your club. Make note of how each value can add to the vibrancy of your club.**

**Then use them to grow membership AND help retain current members!**

**Did you know that an exercise on determining what you value is a huge part of the Dream It Be It program? We ask our attendees to design Dream**

**Boards – just cut out pictures or words that inspire them. Then they use their dream boards to help identify what they value. Then they use what they value to identify possible careers that may interest them. Finally, they identify goals to set to achieve the career that their values have led them to identify. If you haven't participated in a DIBI program, please find a club who is doing it and create a partnership with them or use them as a mentor to develop your own DIBI program.**

**Let's talk about the Soroptimist organization. What brought you to join or stay with our organization. (Openly call on people) See, we just proved the research I spoke about earlier.**

**How many of you have been a member for less than a year? Five years? 10 years? More than 10?**

**The mission of our organization meets most of your needs: improve lives. And our delivery system – women working together – creates the atmosphere where we can participate in our Dream Programs.**

**Our dream programs which will deliver education to women and girls are: the LYDA, DIBI, and the liveyourdream.org programs. Through these programs, we will achieve our mission to improve lives.**

**Tell me about your club's involvement in LYDA. Our Soroptimist Annual Report (which is available on the soroptimist.org website) tells us that since 1972, Soroptimist has disbursed more than \$30 million through this program, helping almost 20,000 women. In FY14/15, 1,293 women received more than \$1.7 million. This year, funding increased by \$23,055 (1 percent) and 16 additional women received the award. Soroptimist clubs also gave more than 472 women**

**additional support valued at \$159,000, an increase of 124 percent over last year. We are excited that 100% of clubs DO participate in the LYDA – what are you doing beyond a ceremony where a check is handed to the winners?**

**Tell me about your club's involvement in DIBI? Our annual report also states that in FY14/15, 38 percent of Soroptimist clubs began preparing to participate in the new program. Many more will jump on the bandwagon as we hear about their impact. Did you participate?**

**Tell me how? What are some obstacles that this gathering can help you with right now – so you can participate?**

**Tell me about your club's involvement with [liveyourdream.org](http://liveyourdream.org). Are you a member? Pull out your Iphone right now and sign up! Type in [liveyourdream.org](http://liveyourdream.org) Go to login. Create an account. It's that easy! Do**

**you know that we have 80,000 supporters? Do you know that these supporters have taken over 70,000 actions? Such as sharing our mission, volunteering to judge LYDA applications or passing out the applications, contributing funds? In FY14/15, over 5,500 actions were taken to “Tell Congress to Support Trafficking Victims” and was our top performing online campaign through LiveYourDream.org. In FY14/15: 20,853 active supporters joined the online volunteer network. 15,524 followers joined LiveYourDream.org social media networks (Facebook, Twitter, Pinterest, Youtube) and we were the recipient of the 2015 Silver Communicator Award for Creative Excellence in Websites/Activism. Did you know that these supporters have contributed almost \$300k to our organization?**

**You know our mission, you believe in our mission, you know our Dream Programs, you participate in those programs, what else would you like to discuss about our organization? (if nothing, offer any**

**questions or input on membership, fundraising, public awareness, other SIA programs?) If you have any questions, feel free to contact your district directors – or any board member. And, play around on the Soroptimist.org and goldenwestregion.org websites. It's amazing what you'll discover!**

**I hope this exercise was helpful and the information I have shared with you will help you be a mentor in your club and how valuable each and every one of you are to Soroptimist!**

**Again, thank you for your contributions and your energy...**

**Shine on!**