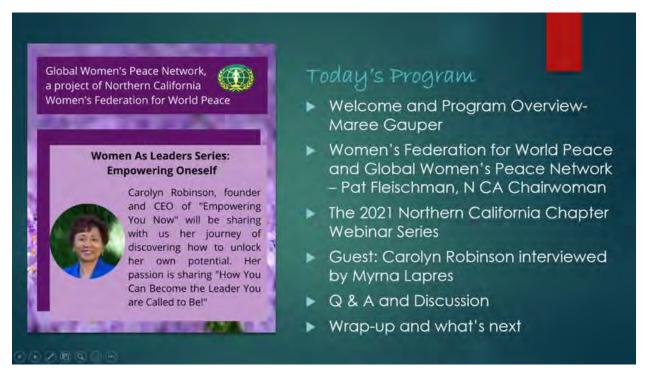
Identify and Confront Your Negative Concepts: Women as Leaders

Myrna Lapres July 1, 2021 San Francisco Bay Area Chapter of GWPN



The San Francisco Bay Area Chapter of GWPN held its second event in the Women as Leaders Series on Saturday June 19, 2021. Attending live via zoom where 18 participants. Maree Gauper served as our MC for the event and she first introduced chairwoman Pat Fleischman to give an overview of WFWP and Global Women's Peace Network.

Next, our guest speaker, Carolyn Robinson, founder and CEO of "Empowering You Now", a WFWP Global Friend, spoke on the topic "Empowering Oneself." Prompted by questions from the moderator, Myrna Lapres, Carolyn shared her own struggles to overcome dyslexia and negative concepts and find the power to pursue her dreams. She spoke with the wisdom of a life lived searching for solutions to the obstacles she experienced growing up and as an adult, as she tried to move forward in her life.

Carolyn explained that identifying and confronting our negative concepts is an important part of empowering ourselves. If we are always telling ourselves we can't do something, that will be our reality. She also stressed the importance of affirmations and focusing on positive thoughts. Carolyn found power and clarity in focusing on inspirational verses from the Bible.

When asked how we can overcome negative self-concepts and develop a growth mindset, Carolyn suggested using daily affirmations and meditations and finding others to support you on this journey individuals who are healthy, trustworthy, committed and able to be vulnerable. She joined a codependency support group to help her get started. And she has written a book which is available on Amazon to support anyone on this journey.

After a lively Q and A, Myrna Lapres led everyone in a guided meditation incorporating some of the points that Carolyn made. Then, the participants were assigned breakout rooms where they shared about their own negative concepts which hinder them. Attendees were moved by Carolyn's honesty and very practical suggestions and hope to hear more from her in the future.

Our next GWPN event will be held on September 18, 2021.