

WFWP USA: Watch the Recording - GWPN "Inner Crisis and Resolution"

Angelika Selle
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Watch the Recording and Stay Connected

Global Women's Peace Network USA Presents 

Reflect. Reset. Rebuild.
"Inner Crisis & Resolution"



Speaker: Kim Evans
Optimal Performance Coach, Somatic
Therapist and Executive Consultant

*"Staying Connected to
Family, Self, and God"*



Moderator: Angelika Selle
President WFWP USA,
Vice President WFWP Intl. (North America)



Speaker: Dr. Cornelia Santos
Professor of Environmental and
Indigenous Studies

*"All My Relations: Our
Universal Connection"*

To empower women and families during this time of crisis and racial unrest, Global Women's Peace Network USA initiated a three-part Facebook live speaker series, under the theme Reflect, Reset, Rebuild. Yesterday the third and concluding forum was held on the topic "Inner Crisis & Resolution."

Through years of personal experience and coaching clients, speaker **Kim Evans** shares practices and activities to incorporate while in isolation when we feel ourselves begin to pull away and shut down. In addition to a breathing exercise, she includes four positive steps to peacefulness, that work to lift us up from the inside and reengage us with others.

Our second speaker, **Dr. Cornelia Santos**, presents an additional support system we can rely on during these troubling times. Sharing the Indigenous phrase *Mitákuye Oyás'íŋ*, meaning "All our Relations," she describes the expansive world view of relatives that includes both humanity and nature. She encourages us to pause and to look towards nature as a source of connection and centering at this time.

We also want to congratulate our five [Mother of Peace](#) memoir contest winners: Kathryn, Susan, Natascha, Lucia, and Richman!

We are pleased to share that overnight this video has reached 2,313 people on facebook. **If you have not had a chance to watch this "Inner Crisis & Resolution" forum, we invite you to watch it, and share with your friends!**

Watch Now on Facebook!

Watch now on Vimeo!

We hope that this series has brought you new insights, inspiration, and hope in areas of life that are important to you.

If you are wondering what's next, we invite you to stay connected with Global Women's Peace Network USA activities by signing up with the link below.

Stay Connected: GWPN

- Women's Federation for World Peace USA

Women's Federation for World Peace USA
info@wfp.us

