

Staying Grounded in Uncertain Times

How women leaders navigate change with clarity, strength, and connection.

Gloria led a discussion on navigating change with clarity, strength, and connection, emphasizing the importance of expressing one's voice and gratitude. The team shared their personal strategies for managing uncertainty, including focusing on a project, examining their business, and connecting with nature, as well as their personal experiences and strategies for staying grounded. The conversation ended with a discussion on influential people in their lives who helped them make a difference or take a turning point, and the importance of being true to oneself and not letting others dictate one's actions.

Navigating Change with Clarity and Strength

Gloria discussed her approach to life, breaking it down into three parts: (1) economic, (2) personal, and (3) professional. She highlighted the need to adapt to economic changes and to take responsibility for one's personal life, avoiding a “pity party” mentality.

Managing Uncertainty with Nature and Balance

Gloria shared her personal practices for managing uncertainty, including focusing on a project, examining her business, and connecting with nature. Annette shared her strategies for staying grounded, including changing her thoughts, finding hidden gifts in challenges, and connecting with nature. Lora emphasized the importance of setting personal goals and maintaining a balance between personal and professional life. The team was encouraged to share their “positivity tips” and strategies for resilience.

Gloria's Son Completes Boston Marathon

In the meeting, Gloria shared her son's accomplishment of finishing the Boston Marathon, while Lora expressed her excitement. Dr. Pauline discussed her approach to uncertainty, emphasizing

the importance of thinking differently and focusing on her mission. She also shared her belief in the power of numbers and shapes, and the significance of listening from both the heart and the head. The group concluded by discussing the importance of staying present and recognizing signs in their lives.

Personal Experiences and Grounding Strategies

In the meeting, Dr. Pauline, Gloria, Glenda, and Nishia discussed their personal experiences and strategies for staying grounded. Glenda shared her approach, which includes breathing techniques and a powerful mantra from Arthur Ashe. She also mentioned her mother's gatherings with neighbors, which inspired her to create a group of women to support each other over tea. Nishia also shared her thoughts. The conversation ended with an open invitation for others to share their experiences.

Resilience, Mindset, and Navigating Uncertainty

Nishia discussed her resilience and mindset, emphasizing the importance of staying grounded and positive. She shared her personal experiences and how they have shaped her life and encouraged others to think positively and focus on their own growth. Rhonda then shared her thoughts on navigating uncertainty and the importance of matching expectations in interactions. She emphasized the power of co-creation and the need to find alternatives when faced with uncontrollable situations.

Navigating Uncertainty with Inclusivity and Positivity

In the meeting, Venita shared her thoughts on how to navigate uncertain times, emphasizing the importance of inclusivity, listening, and analyzing situations. She also mentioned her personal strategies, such as playing music, dancing, and going for walks. Charlene expressed her preference to listen rather than comment. Rabia introduced herself as the executive director for Global Chamber and partner for Spencer, West Uk for Pakistan, and Dubai, offering her expertise in merger acquisition, business succession planning, and restructuring. Gloria then shared her positivity tips, including trusting in the magic of new beginnings and interpreting personal signs, using the example of her flower bed—she focuses on each year's dominate color and the message it sends. Last year was violet (spirituality) and this year is white (new beginnings), which perfectly match her life pattern. Nature sends messages.

Embracing Authenticity and Confidence

In the meeting, Gloria emphasized the importance of being true to oneself and not letting others dictate one's actions. She also highlighted the significance of the role posture plays when projecting confidence in one's demeanor. The attendees shared their personal tips for staying grounded, including making choices, taking ownership, being responsible, and focusing on energy. They also discussed the importance of creativity, leading with one's heart, and building oneself up. The conversation ended with a reminder to trust the natural flow of life and to be authentic.

Influential People in Our Lives

In the meeting, Gloria led a discussion about influential people in their lives who helped them make a difference or take a turning point. She shared her own experience of a 7th grade African-American teacher's "act of kindness," who helped her overcome her fear of African-American people when she went from an all-white school to a mixed school of students. Other participants shared their own stories, including Rhonda's geography teacher, Nishia's experience as a teenage mother, and Dr. Pauline's decision to believe in a loving God. The conversation ended with Gloria encouraging everyone to keep the faith, have hope, and journal their positive moments daily.

Next steps

- Rabia to continue pursuing her PhD studies in international law.
- Nishia to celebrate her daughter's 27th birthday.
- Gloria to continue writing books with inspirational messages.

All participants were encouraged to continue applying the shared tips and strategies for staying grounded during uncertain times in their personal and professional lives.