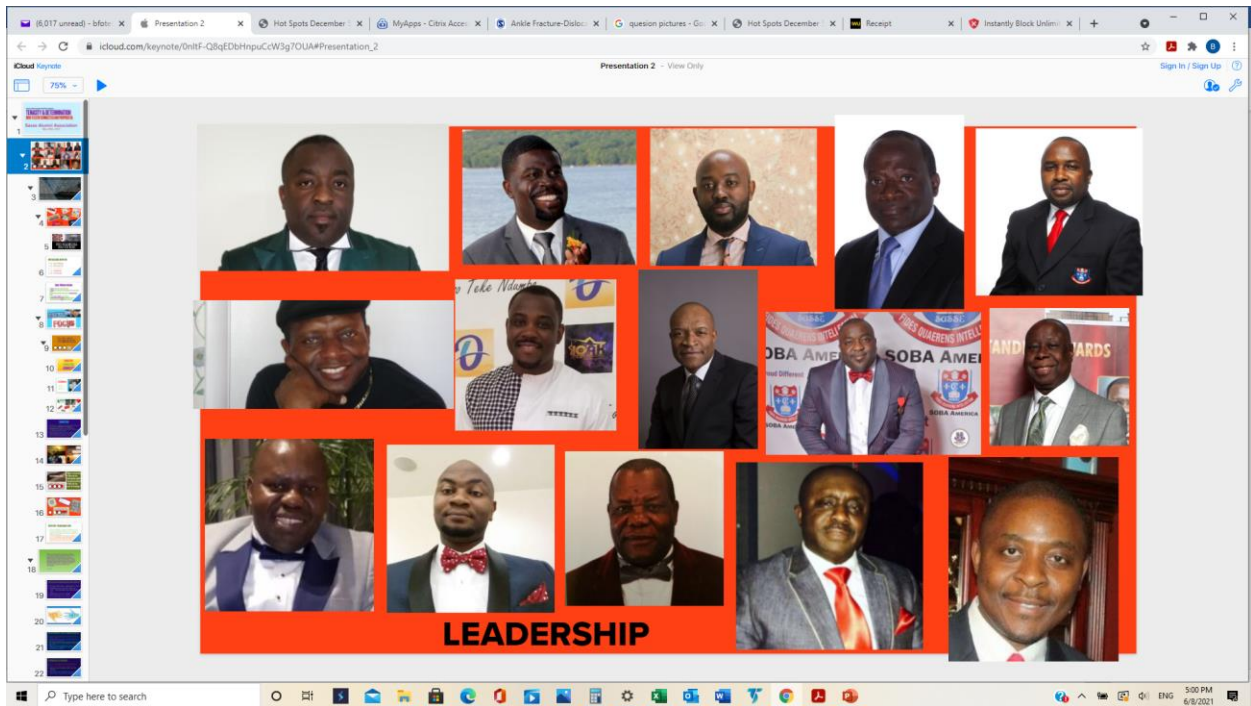
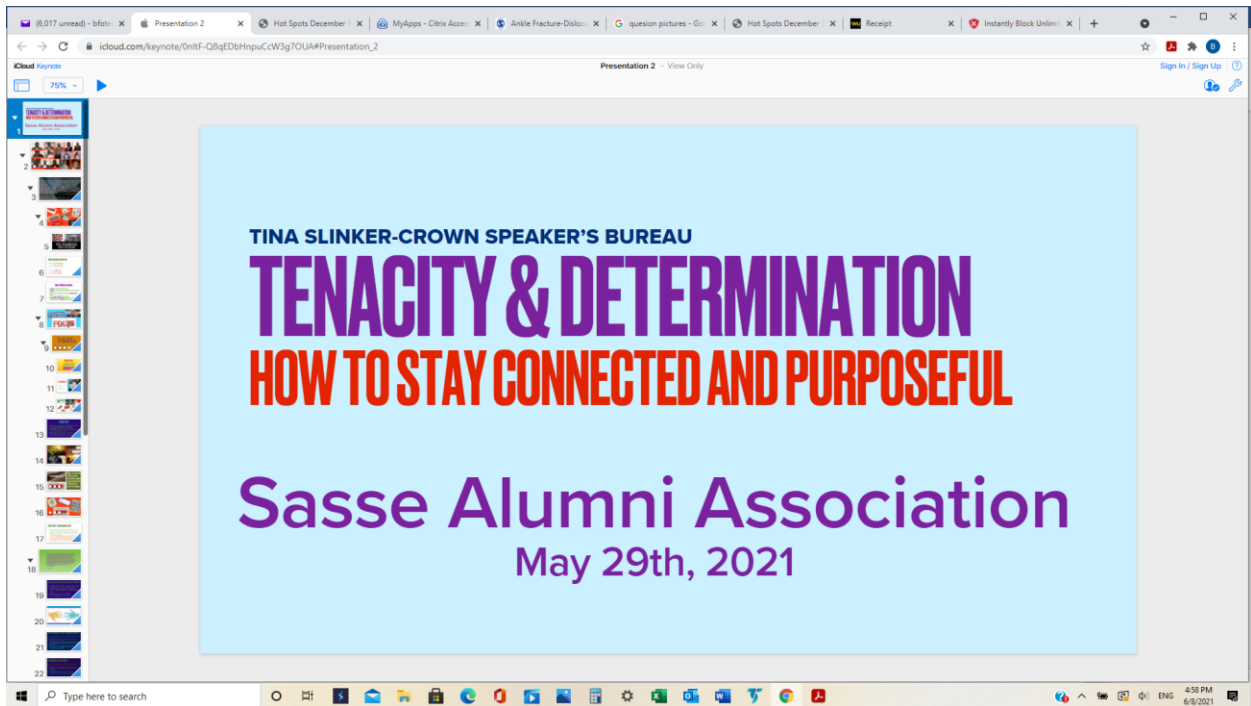


2021 SOBA America Virtual Convention – Keynote Address by Tina Slinker



COVID-19

“When threatened or challenged, organizations tend to become paralyzed, introverted, defensive and short sighted. With the right leadership they can remain calm and collected, see the bigger picture, address challenges effectively, see opportunity amid adversity, seek collective solutions and imagine and shape the world beyond the crisis.”

SOURCE: THE LEADER'S DUTY TO THINK AHEAD AND BEYOND

BCG

Loss

FRUSTRATION

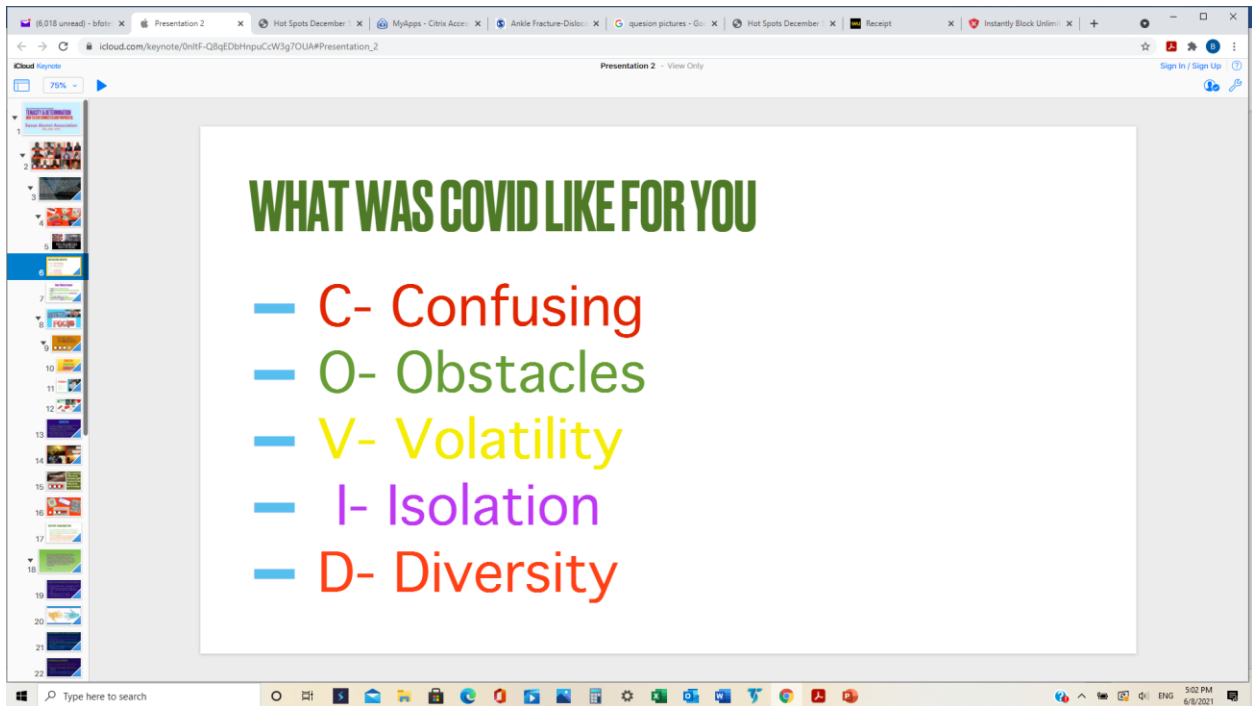
YOU SAD OR DEPRESSED

ANGER

OUT OF CONTROL

FEAR

SOCIAL ISOLATION



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Keynote interface: Presentation 2 - View Only

SASSE - MISSION STATEMENT

- To explore ways and means of aiding our alma mater;
- To maintain a sense of attachment to Sasse College and to reinforce the prestige of the same;
- To be generally concerned with anything relating to the development of Sasse College.
- To promote unity and solidarity amongst its members.
- To promote channels of communication with SOBANS in other parts of the world;
- To explore ways and means of helping SOBANS in the USA and Canada.

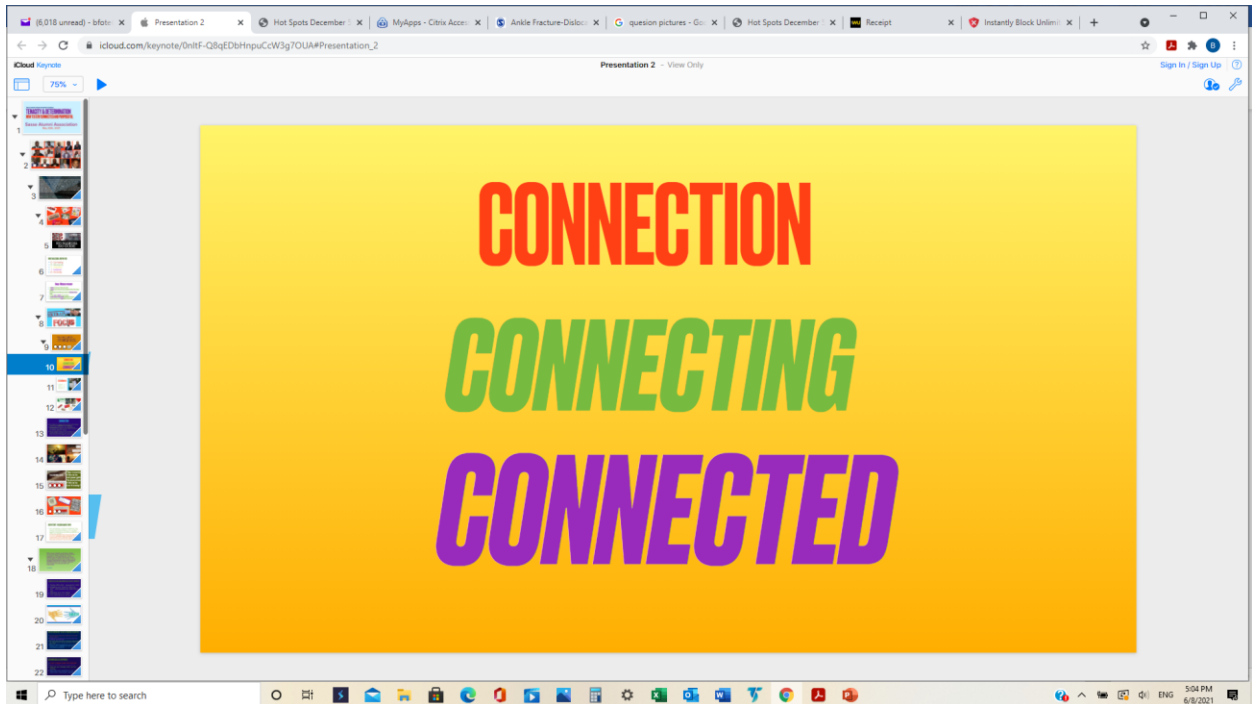
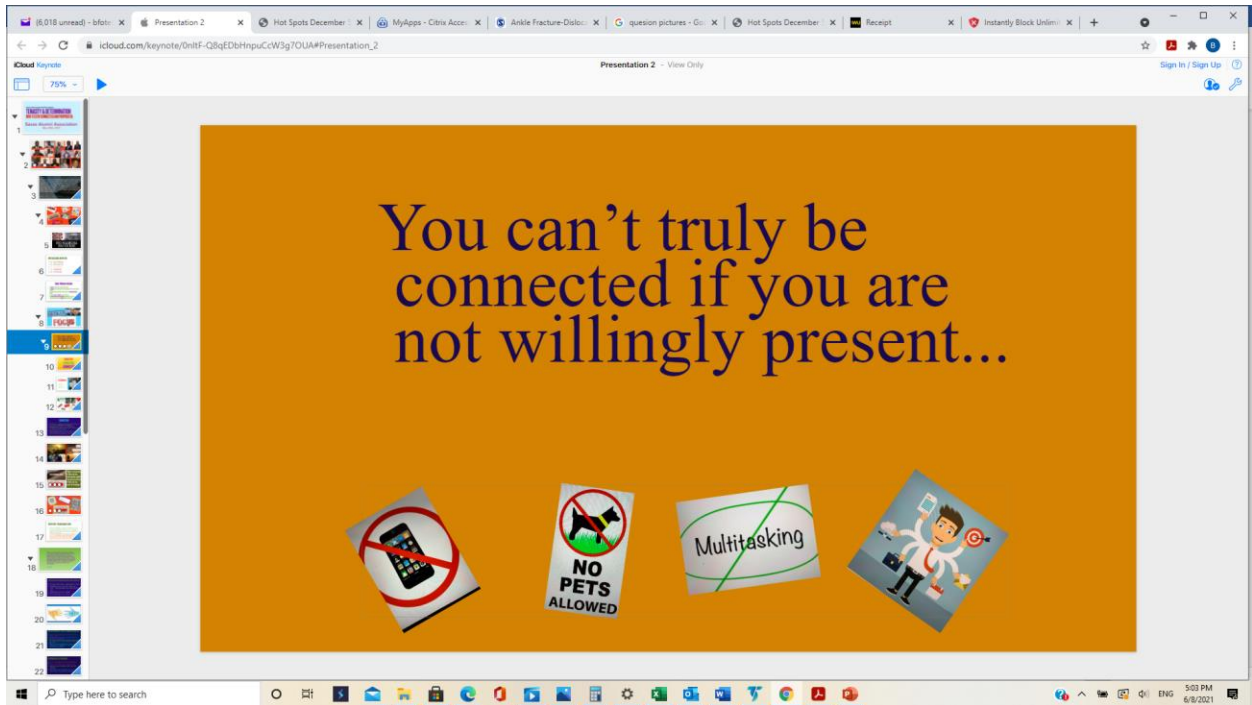
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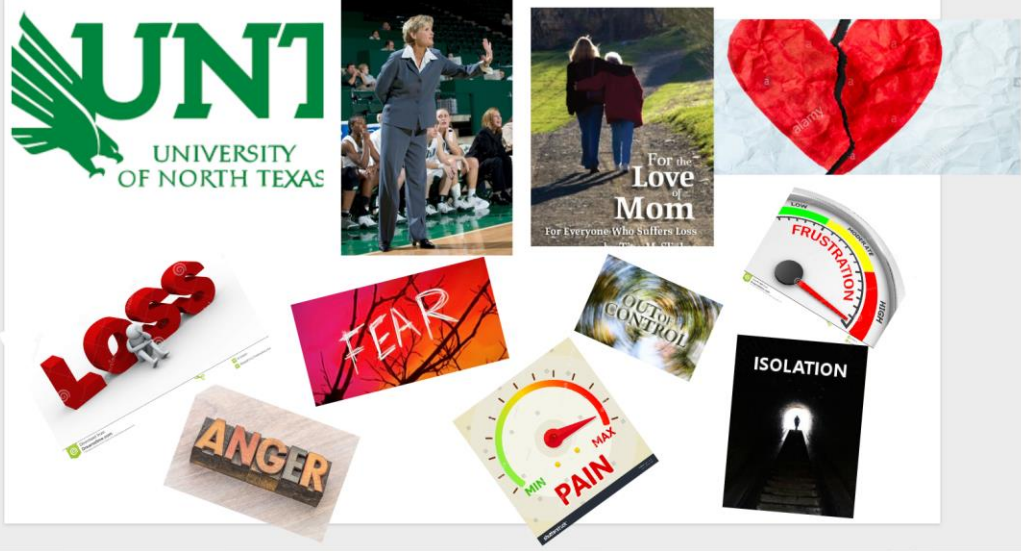
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MY CONNECTION
LYZA KOUBITEB

- From Cameroon
- Graduated from University of North Texas
- Master's at Texas Women's University
- Platform Specialist-making a difference in lives
- Played Division I Basketball



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75%

CONNECTION

- The ability to connect with another human being comes from compassion and empathy.
- Relationships are built on the foundation of connection-your ability to see what is important for another person is critical.
- Being "in-tune" mean you are outside of your own needs and into another's -you are aware of where they and what they need to survive and succeed.

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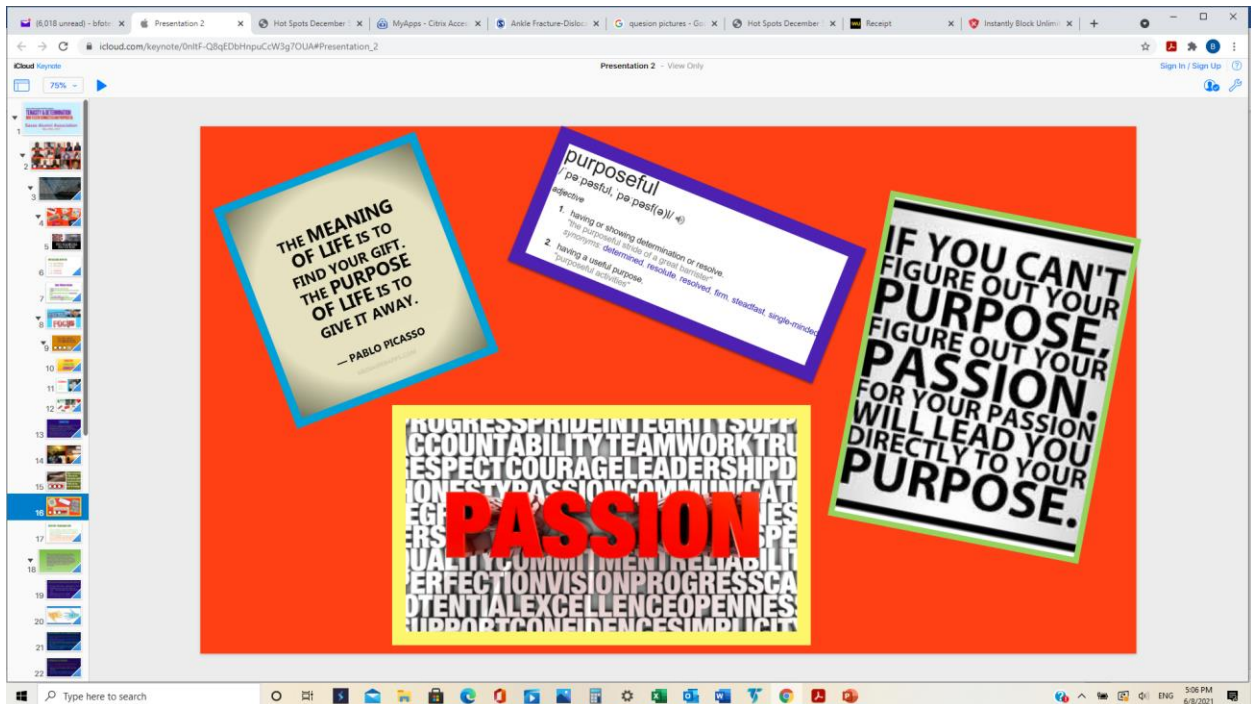
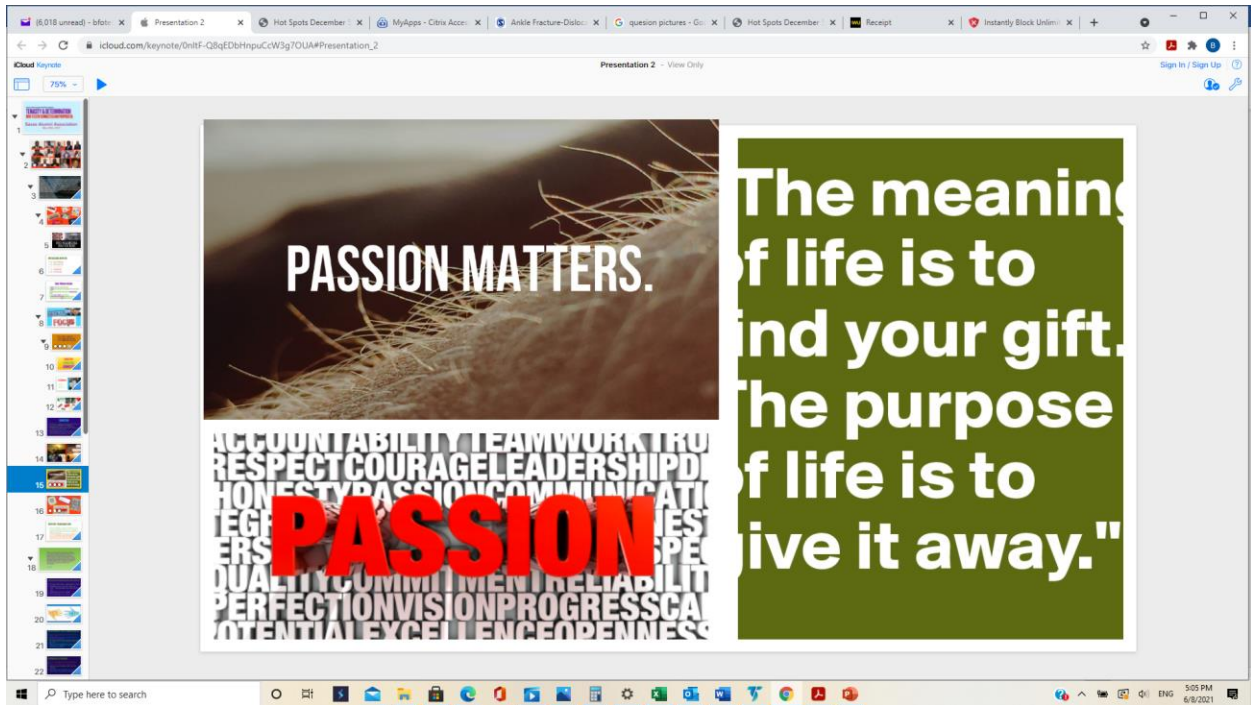
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ALLO
YOURSEL
TO FEE

todd nesloney

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CATHY STORY - PASSION ALWAYS WINS

- Your true value lies in the very foundation of “who you are” and what you believe in...your morals and principles that guide and direct you. A touching stone for making decisions and having responses that reflect your character.

No one can diminish or take away your value, as long as you are embedded in your core beliefs. Remind yourself what you are passionate about, what drives you to do the work you do, what inspires you to give, what gives you peace at the end of day...

The screenshot shows a Keynote presentation slide with a white background and green text. The slide is titled "CATHY STORY - PASSION ALWAYS WINS". Below the title is a bulleted list item starting with a green dash. The text discusses the importance of one's foundation, morals, and principles, and uses the terms "touching stone", "value", and "embedded in your core beliefs" in orange text. The slide is viewed in a browser window with a taskbar at the bottom.

When your mission is giving to others, you must find yourself grounded in your foundation. What guides you, what inspires you and what gives your heart the strength to fulfill your desires. It is of utmost importance for you to take care of yourself, especially in times of adversity or distress-then you will fully execute your quest to be purposeful and connected.

TINA SLINKER

The screenshot shows a Keynote presentation slide with a solid green background and purple text. The text is a paragraph about finding oneself grounded in one's foundation and the importance of taking care of oneself, especially during adversity or distress. The name "TINA SLINKER" is written in blue at the bottom of the slide. The slide is viewed in a browser window with a taskbar at the bottom.

Cloud Keynote Presentation 2 - View Only

STORIES OF SELF-CARE AND CARING FOR SELF-WHY IS IT IMPORTANT

- Facing difficulties - grounded in faith
- Grasping your value in “who you are” - your passion and what drives you
- Aligning your core values
- The importance of being - feeling

3:07 PM 6/8/2021

Cloud Keynote Presentation 2 - View Only

3:07 PM 6/8/2021

The screenshot shows a web browser window displaying a Keynote presentation. The slide is titled "WHY IS IT IMPORTANT TO LISTEN - CRITICAL TO JUST FEEL" in large, bold, green letters. Below the title is a bulleted list of four points, each with a colored dash: a red dash for the first point, a purple dash for the second, a green dash for the third, and a blue dash for the fourth. The text is white and pink. The browser's address bar shows the URL "icloud.com/keynote/0n1f-Q8qEDbHnpucW3g7OUA#Presentation_2". The system tray at the bottom shows the time as 3:08 PM on 6/8/2021.

WHY IS IT IMPORTANT TO LISTEN - CRITICAL TO JUST FEEL

- On every level, people feel supported and valued when we listen
- People don't care how much you know until they know how much you care
- Be in-tune with your mission and hear where people are coming from so that you can better offer what they need
- Be sure to allow yourself to feel and let others be there for you - it will make you more able to accomplish your purpose

The screenshot shows a web browser window displaying a Keynote presentation. The slide is titled "LISTENING SKILLS & RESPONSES" in large, bold, green letters. Below the title is a bulleted list of four points, each with a colored dash: a red dash for the first point, a purple dash for the second, a green dash for the third, and a blue dash for the fourth. The text is white and pink. The browser's address bar shows the URL "icloud.com/keynote/0n1f-Q8qEDbHnpucW3g7OUA#Presentation_2". The system tray at the bottom shows the time as 3:08 PM on 6/8/2021.

LISTENING SKILLS & RESPONSES

- I can't imagine what that feels like
- What feelings do you experience
- How do you manage what you are feeling
- Describe your emotions to me- name them-fear, frustration, sadness, angry

iCloud Keynote Presentation 2 - View Only

AS OPPOSED TO...

- "I know exactly what you are feeling
- I have been through the same thing
- You should get some counseling
- You will get through this pandemic, everyone is dealing with hard times
- I lost a lot too...

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BEING HEARD

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ADVERSITY- WHAT SETS YOU APART FROM OTHERS

- It is easy to support when life is good.
- Staying true to yourself and your mission is often challenged in times of distress
- Focusing on your own challenges and issues will only help you to better guide others through theirs.
- You must know and believe in the foundation of "who you are" and how you navigate your own life before you can truly have an impact on others.

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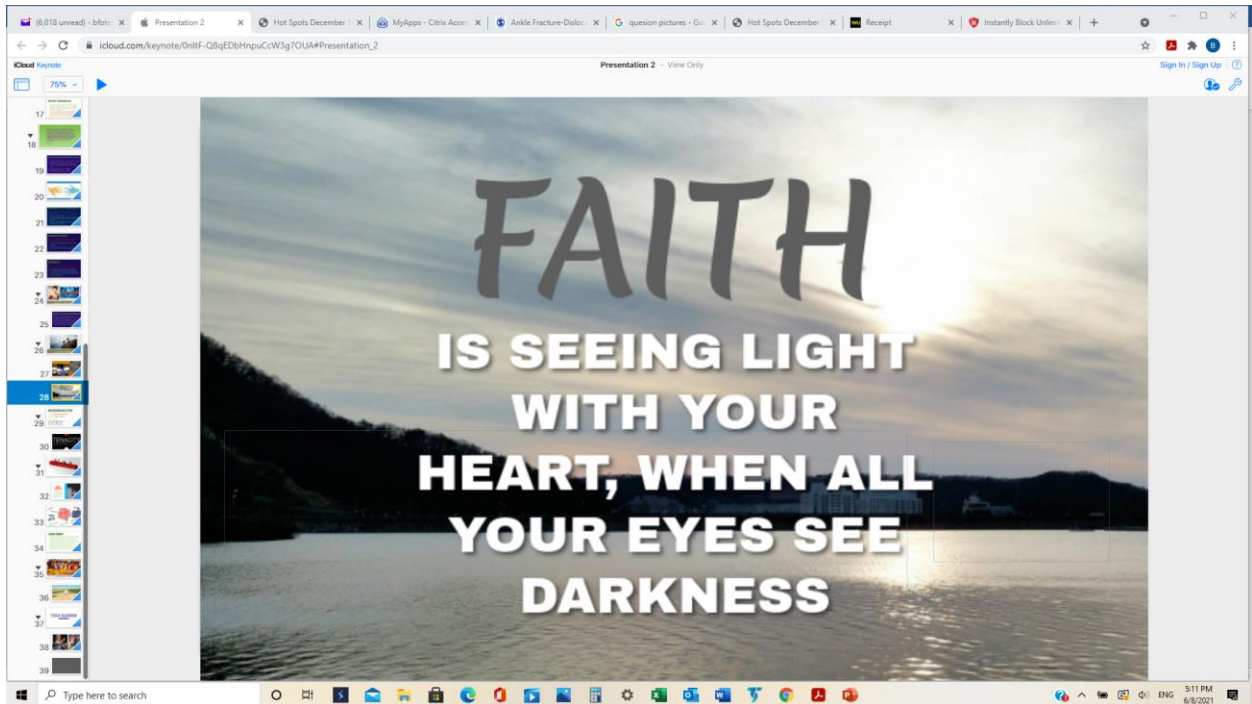
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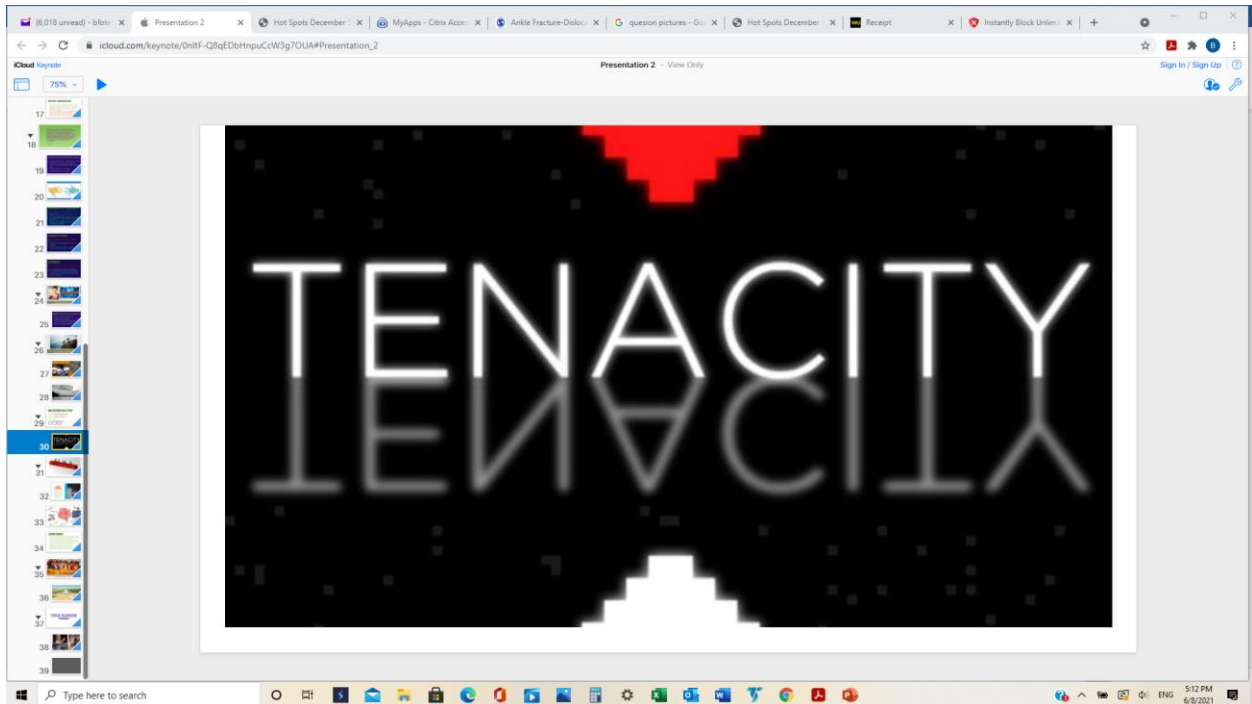
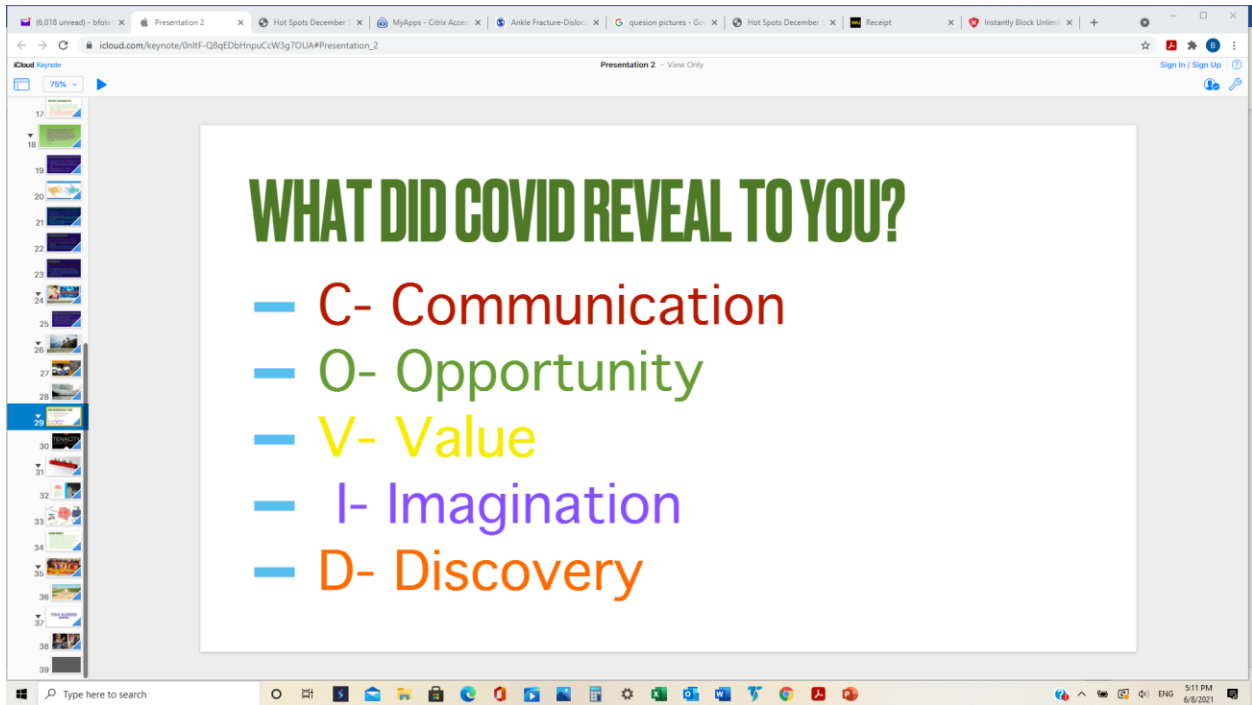
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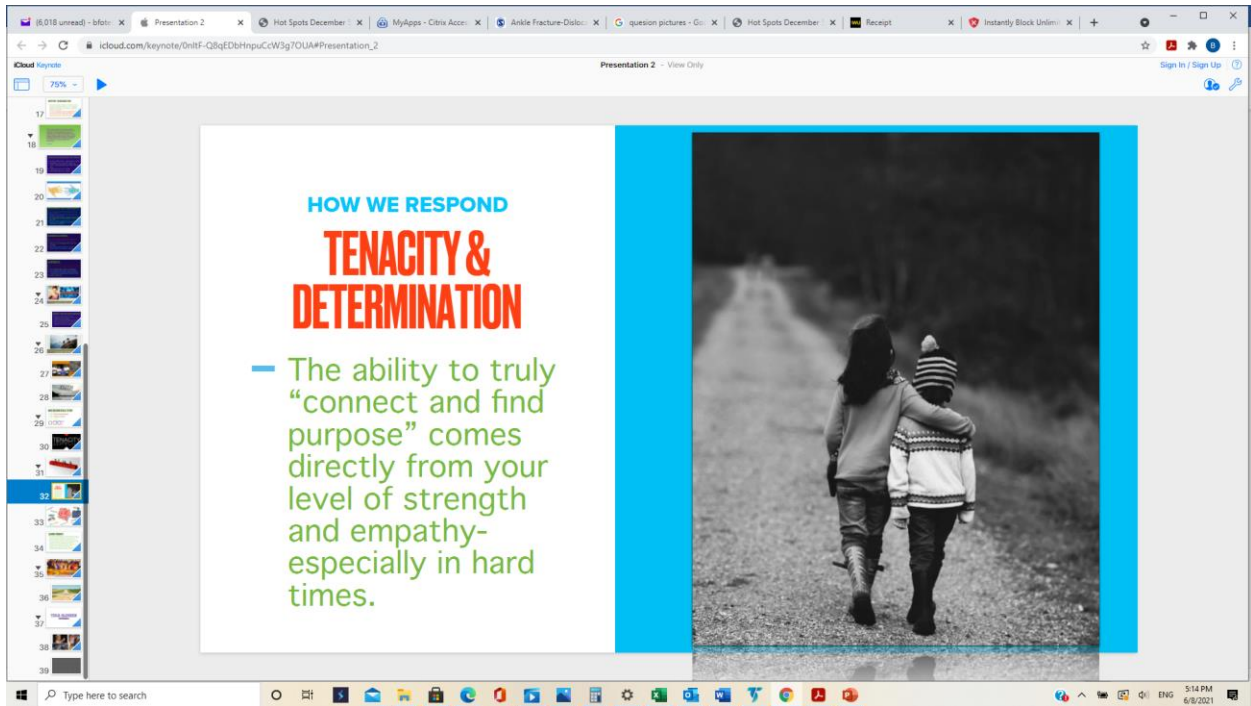
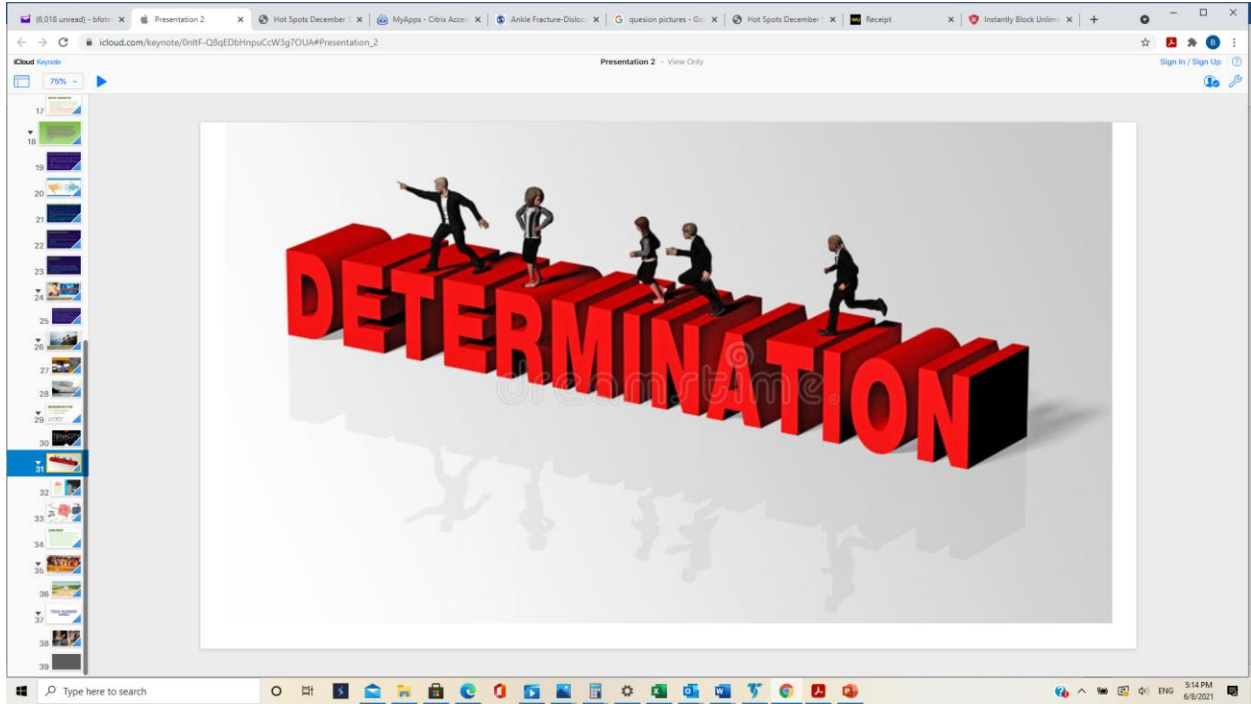


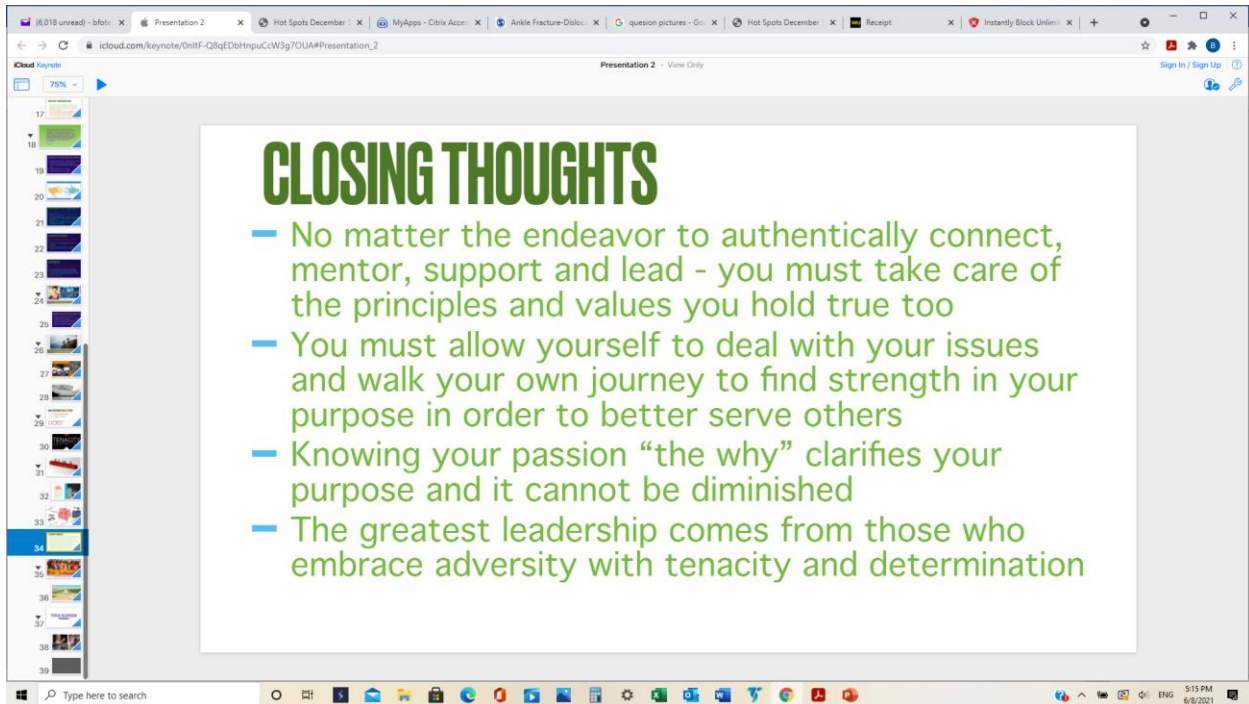
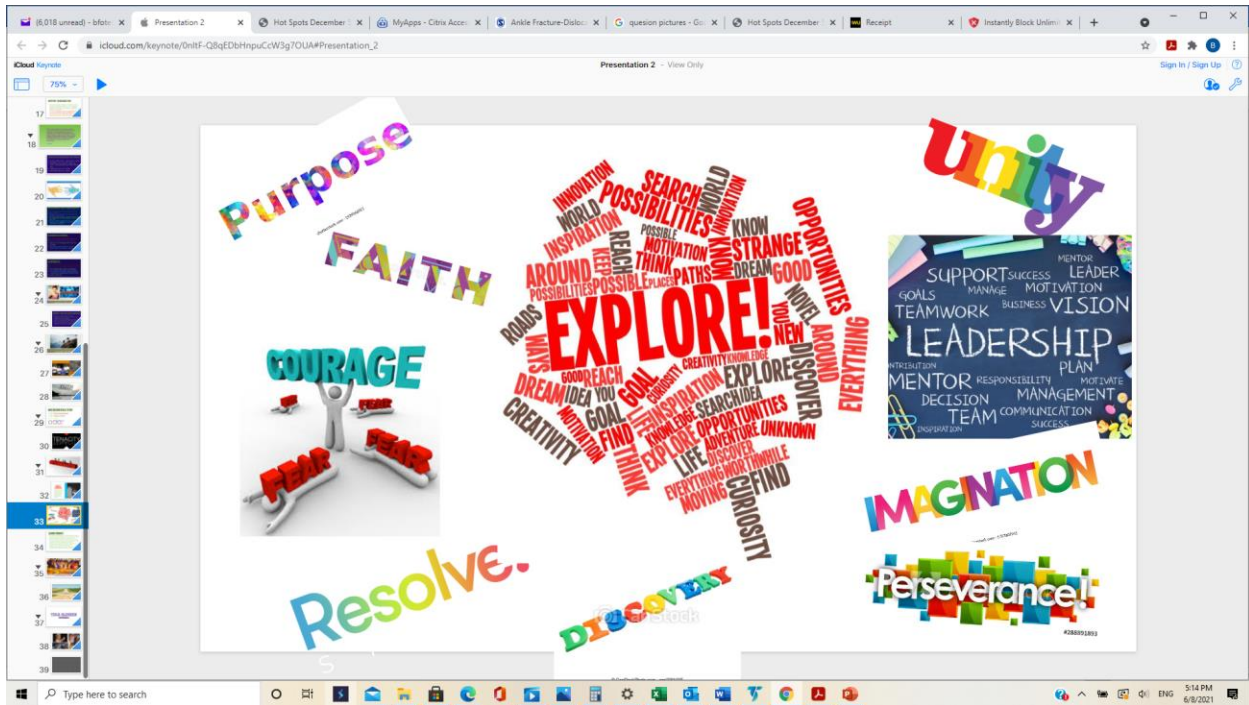
JALIE STORY

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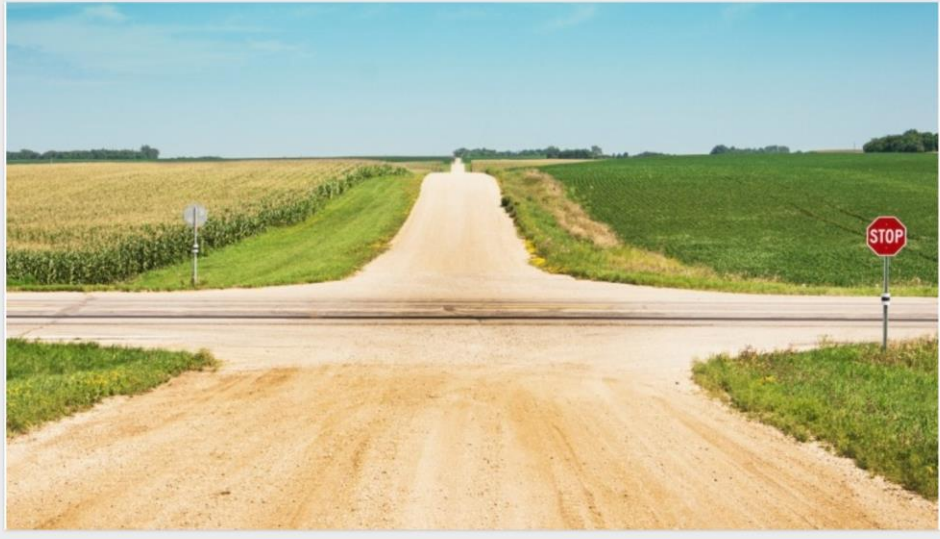
Connection: The energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship... Brene Brown

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