Presenter By:
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South Carolina – Region 6
Our Community Standing Strong, SABE
What I hope you will learn, L3 on...

- Being effective
- Self-Esteem.
• Everybody should be treated as equals
• Same chance as anyone else
• Learn from mistakes
• Community connections
• Dignity & Respect for all
Be
Effective
How to be more effective?

- **ATTITUDE**
- **EYE CONTACT**
- **VOLUNTEERING**
- **LISTENING**
- **LEADERSHIP**
- **STAY UP-TO-DATE WITH LATEST TRENDS**
- **DRESSING APPROPRIATELY**
- **JOINING CIVIC CLUBS**
- **VOTE**
- **MEMBERSHIP AN ORGANIZATION**
- **ASSIST OTHERS**

Participation (business after hours)
Best Practices are...

- Check your attitude daily
- Smile
- Don’t take things personal
- Listen to others
- Recognize Crisis
- Bring your heart to work

- Dwell in Possibilities
- Examine your life
- Decide what kind of person you want to be
- Trust and Believe in us
- Be good to yourself
- Make your goal to help us accomplish ours
Let Your Body Say Positive Things about You

- Stand straight and look people in their eyes.
- Sit down in a relaxed, but businesslike manner.
- Be first to greet others in a meeting.
- Don’t be afraid to sit next to the most powerful person in the room.
- Dress appropriately
- Don’t wait for permission to speak before speaking out.
Who is in Control?

- Have knowledge
- Gathering Information
- Organize your thoughts, what is it that you really want
- Ask for help if you need help
- Be focus on the issue
- Follow up
Rallies & Marches

• Effective way to show your support

We have more power when we get together
Let thousands of people hear your voice.

Know what you want to say – and then SAY IT!
Social Media

- Tell stories
- Facebook
- Twitter
- Blog
- Google hangout
- others
Our voices are louder when we speak together.
Believing in Self

- Express
- Vent
- Step on Toes
- Serve on Boards
- Interview your Staff
- Increase your community connections
- Run for political office
- Connect to Political Figures
Make it count
Life is a gift...
Life is an adventure
DARE IT
Life is an opportunity... TAKE IT
Life is a mission... FULFILL IT
Take Charge of Your Self-Esteem
Feel Good and Look Good
4 Reasons to Look Good

• Gain Respect
• Feel Good about Self
• Be Happy
• Value Self
Ways to Relax?

- Message (Body / Facial )
- Exercise
- Pedicure/Manicure
- Meditate
- Whatever works for you
Influence Your Appearance

- Eyewear /Contacts (colors)
  Designee Frames
- What color works for you (pastels, earth tones, brightest)
- Accessories
- Hair Cut/Style
- Hand/Feet
- Make-up
Do you have to lots of money to look good?

ABSOLUTELY NOT
<table>
<thead>
<tr>
<th>Fifth Avenue</th>
<th>Great Thrift Store</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macy’s Store</td>
<td>Wal-Mart Online</td>
</tr>
<tr>
<td>Brand Buy Upscale</td>
<td>Off Brand Window Shopping</td>
</tr>
<tr>
<td>No Sales</td>
<td>Sales</td>
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</tbody>
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The solution is
Laugh
Love, Live,