



# Minnesota Women of Today

## 2022-2023 Plan of Action

### Living & Learning State Program Manager

#### “Slow and Steady Wins The Race”

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## Goals and Implementation

### 1) Goal 1: Promote Living and Learning (L&L) through utilizing the phrase “Slow and Steady Wins the Race” each trimester.

- a) Provide members with information and guidance on successfully achieving personal goals by using persistence and focus to avoid the pitfalls of over-extending, getting discouraged, and quitting before they “Win the Race.”
- b) Encourage creating achievable personal goals that will improve one’s own mental health, spirituality, family relationships, and/or improve civic understanding.
- c) Participate in the Fall State Project Fair and the Winter State Connect program.
- d) Use Chapter Information Packets (CIPs), Facebook and email.
- e) Add four new items to the MNWT Living and Learning Certification.

### 2) Goal 2: Have 50% chapters participate in Living and Learning by year end.

- a) Receive 100 Living & Learning Certifications and 50 United States Women of Today (USWT) Wellness and Personal Development (WPD) certifications.
  1. Encourage participation through challenges and incentives
  2. Use CIPs, Facebook and email
- b) Hold an impromptu competition at Fall State and Annual Convention.
  1. Provide incentive gifts for each participant in the competition
  2. Use CIPs, Facebook and email to promote
- c) Encourage ten chapters to complete a PEP course by year end.
  1. Provide links and instructions on how to get to them on the website.
  2. Provide one PEP course during the MNWT year as a state-wide course
  3. Use CIPs, Facebook and email

### 3) Goal 3: Provide members with a group gathering opportunity each trimester to discuss successes using the “Slow and Steady” approach to “Win the Race.”

- a) Prepare a fun activity or game to make it enjoyable
- b) Use at my Fellowship opportunity
- c) Make available either through zoom or conduct at a convention
- d) Promote using CIPs, Facebook and email