

# Jennifer Powers Event Recap

We were equally energized and inspired as we left the chapter's Dinner Event on May 17th with Jennifer Powers and a room full of over 130 people. Animated conversations could be found as soon as you walk up to the mezzanine of the historic Multnomah hotel to the Renaissance style reception area, and under the 24-carat hand painted gilded ceiling of the Queen Marie Ballroom. The atmosphere was highly euphoric like that during festivities of the Renaissance era, and our featured speaker revitalized in all of us deep-rooted messages of joy and the power of choice—our choice to not just survive but thrive beyond our wildest dreams each and every day.

Jennifer used humor, a lot of stories and her dynamic style to share three simple yet powerful steps to help us shift or redesign our thoughts, feelings and actions:

- **Admit to Shift:** We were reminded of the power of the choice of words we use in communication. Do we use words that would attract more of what we want, positive reactions and responses? Do we take responsibility for our results or are there blames placed on things outside of our control?
- **Submit to Shift:** Once we identified our current reality, we learned steps to shift our reaction in order to create positive reality for ourselves. A number of people in the room got to pick situations then practiced how they could redesign their thoughts, feelings and actions to get better results through Jennifer's creative "Flip-Find-Freak" strategies. More people in the room contributed their ideas and we filled the ballroom with so much positive energy, laughter and heightened camaraderie.
- **Commit to Shift:** Before the evening ended, we all came up with a handful of strategies we want to adopt to create "shift" in our business/life/relationship and committed our initials along with a neighbor's initials to these goals. We received even more value that was to come via a "14-day Shift Head Challenge—Group Accountability Call" personally with Jennifer, which a number of us took advantage of.

As event chair, I am grateful for the over-pouring of talent, hard work and commitment from the entire WIFS Portland Metro Board and Committee members. This event could not have been as enjoyable and successful without the help of Linsey Huynh, Carmen Shah, Christy Aleckson, Maia Chase, Lucy Walsh, Karen O'Keefe, Lane Albert, and Lisa Lettenmaier. I am also grateful for the 130+ people who shared their time and joined us that evening and contributed to the liveliness of event overall.

Thank You!  
Mai-Han Shultz, FLMI

## Donation Drive! UPDATE!

### 2011 NON-PROFIT RECIPIENT: RAPHAEL HOUSE



As a part of our Dinner Event on May 17, 2011, we held a drive and collected desperately needed donation items for Raphael House. Below is an update from Raphael House:

*"The grand total of money raised is: \$705!!! And the in-kind donations were wonderful, including blankets, diapers, shampoo, laundry baskets, laundry detergent and feminine products. We are so grateful for all of this support. The money you raised will support a family of four to be in shelter for a week and the donations of goods will support so many more. Without the support of individuals and corporations like you, we would not be able to do this very important work in our community."*

WIFS Members and their guest stepped up and helped out! Thank you! You can continue to contribute to this important organization by visiting their website to learn more.

**To find out more about you can help visit: [www.raphaelhouse.com](http://www.raphaelhouse.com)**

If you did not have a chance to complete your membership registration while at this or a recent event, please do so now by visiting the national site at [www.w-wifs.org](http://www.w-wifs.org) and selecting Portland Metro as your local Chapter. Thank you for your continuing support and referrals of your strategic partners.