

# Show Some Appreciation

*(Adapted program, full program can be found in the Inspire manual)*

*This program takes some planning ahead of time. Prior to when you schedule the video portion of this program, create a Google doc (<https://docs.google.com/document/u/0>) and create a separate page for each Sister in your chapter. Make sure the link is shareable to everyone in your chapter and everyone has "edit" access to be able to write on each page. Email your chapter at least several days prior to the program so they have time to complete their part. The text to include in your communication to Sisters prior to the program is provided below:*

*Prior to our program on (insert date), please go to (insert link to Google doc). Here you will find a page for each Sister. Your task is to write down one to three qualities or characteristics about that person that inspires you or that you admire. Please write on as many Sisters' pages as possible. You will have until (insert a determined due date prior to live program). One important note, do not read your own page! Save that for when we have our program. Thank you for your work ahead of time, Sisters! This will help make this quick program, extra meaningful!*

This program is written and intended for virtual group facilitation. We recommend you use a platform where everyone can be seen, and has breakout room capabilities, such as Zoom. If your local guidelines/restrictions allow you to host programs in person, you can adapt the program as follows:

- Instead of using a Google doc for Sisters to fill out beforehand, you can have physical sheets of paper hanging up around the room for each Sister for people to write on during the program, rather than completing ahead of time.
- Have Sisters break up into groups of 4-5 for the small group section.
- For large chapters, assign Sisters to write on specific pages so that no one is missed! For example, put everyone into groups of 10, those 10 Sisters are responsible for writing on each other's pages.

The key below will help you understand the different text styles:

Content (this is what should be shared with the group. You can read it straight from here or put it into your own words.)

**Questions for participation** (if the text is highlighted, then these are questions you should ask to your Sisters)

*Notes for facilitator* (if the text is in italics, then those are notes for you as the facilitator. This text should not be read aloud to participants.)

## LIVE PROGRAM

In our Sisterhood, it is important to express and validate our most treasured gifts. Each one of us has certain qualities or skills that when tapped are an expression of our greatness. However, it is also true that we may not stop to honor these gifts. When we honor our true gifts, we become better leaders because we allow our gifts to be appreciated by others in a productive way. Hopefully through the activity you completed and our time together now, you will find a way that we are going to help you appreciate and honor those gifts. This is about recognizing the talents you possess that inspire others while also recognizing those who inspire you each day!

I want you all to reopen the Google doc link that I sent you earlier this week. Everyone, go ahead and take a look at your individual page and take some time to look at all the words your Sisters wrote about you. *After they have had some time to read and digest what is on their pages, ask the following questions. Feel free to mix these up between people sharing with the group out loud or quick fire answers in the chat that you as the facilitator can read out.*

**What was it like reading the words written on your page?**

**Are any of you surprised by what you read?**

**How did you feel while writing on others' pages and now looking at your own?**

Looking over your pages maybe you saw some characteristics that others see in you that you don't yet see in yourself and maybe you saw some things written down that reinforced some things you are striving towards.

Now that you've read what all of your Sisters have shared about you and have had some time to reflect on what was written. I want you to take a moment and add something to your own page. Write one thing you really like or appreciate about yourself. Once you have had time to add to your page, we're going to split into small groups and share out what you have written. *Give Sisters a few minutes to add to their own pages.*

Thank you for taking the time to write something you like about yourself on your pages. I'm now going to send you to breakout rooms to not only share what you have written about yourself, but also unpack it a little. Here is what I want you all to discuss in your rooms:

- Have everyone first share what they wrote about themselves and why.
- What was it like writing down something you liked about yourself, was it hard or easy to determine what that was?
- How did you feel when sharing what you wrote out loud with your group?

*Send Sisters to breakout rooms utilizing Zoom for ten minutes. After time is up, return everyone to the large group session to debrief.*

Thank you for taking time to share out Sisters!

**Can I have a few people tell me how their conversations went?**

Thank you for sharing, it is so important for us as a Sisterhood and as leaders to recognize and validate the qualities we admire not only in each other, but also ourselves. When we recognize what we bring to the table, it can boost our self-confidence and encourage us to continue to make positive contributions to Alpha Xi Delta and our own personal goals. Appreciating the positive qualities we see in each other only strengthens our Sisterhood. I encourage you to print your page or save it somewhere easily accessible or visible so you can be reminded of how your Sisters see you and how you see yourself.