

Identify and Confront Your Negative Concepts: Women as Leaders

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San Francisco Bay Area Chapter of GWPN

The image is a screenshot of a Zoom presentation slide. On the left, there is a purple-bordered box containing text and a photo. The text reads: 'Global Women's Peace Network, a project of Northern California Women's Federation for World Peace' with a globe icon. Below that, it says 'Women As Leaders Series: Empowering Oneself' and features a circular photo of Carolyn Robinson. To the right of the photo, it says: 'Carolyn Robinson, founder and CEO of "Empowering You Now" will be sharing with us her journey of discovering how to unlock her own potential. Her passion is sharing "How You Can Become the Leader You are Called to Be!"'. On the right side of the slide, the title 'Today's Program' is written in a light blue font. Below it is a list of six items, each preceded by a blue arrowhead: 'Welcome and Program Overview- Maree Gauper', 'Women's Federation for World Peace and Global Women's Peace Network – Pat Fleischman, N CA Chairwoman', 'The 2021 Northern California Chapter Webinar Series', 'Guest: Carolyn Robinson interviewed by Myrna Lapres', 'Q & A and Discussion', and 'Wrap-up and what's next'. The background of the slide is dark blue with a red vertical bar on the right edge.

The San Francisco Bay Area Chapter of GWPN held its second event in the Women as Leaders Series on Saturday June 19, 2021. Attending live via zoom where 18 participants. Maree Gauper served as our MC for the event and she first introduced chairwoman Pat Fleischman to give an overview of WFWP and [Global Women's Peace Network](#).

Next, our guest speaker, Carolyn Robinson, founder and CEO of "[Empowering You Now](#)", a [WFWP Global Friend](#), spoke on the topic "Empowering Oneself." Prompted by questions from the moderator, Myrna Lapres, Carolyn shared her own struggles to overcome dyslexia and negative concepts and find the power to pursue her dreams. She spoke with the wisdom of a life lived searching for solutions to the obstacles she experienced growing up and as an adult, as she tried to move forward in her life.

Carolyn explained that identifying and confronting our negative concepts is an important part of empowering ourselves. If we are always telling ourselves we can't do something, that will be our reality. She also stressed the importance of affirmations and focusing on positive thoughts. Carolyn found power and clarity in focusing on inspirational verses from the Bible.

When asked how we can overcome negative self-concepts and develop a growth mindset, Carolyn suggested using daily affirmations and meditations and finding others to support you on this journey - individuals who are healthy, trustworthy, committed and able to be vulnerable. She joined a co-dependency support group to help her get started. And she has written a [book which is available on Amazon](#) to support anyone on this journey.

After a lively Q and A, Myrna Lapres led everyone in a guided meditation incorporating some of the points that Carolyn made. Then, the participants were assigned breakout rooms where they shared about their own negative concepts which hinder them. Attendees were moved by Carolyn's honesty and very practical suggestions and hope to hear more from her in the future.

Our next GWPN event will be held on September 18, 2021.