



# WELLNESS & PERSONAL DEVELOPMENT PLAN OF ACTION 2024-2025

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## **I. Goals**

- A. Have 200 Wellness and Personal Development Certifications by April 30, 2025
- B. Have 7 impromptu competitors at Mid-Year Convention
- C. Have 5 individuals submit essays for the Writing competition at Mid-year Convention
- D. Have 5 individuals compete in the Speaking competition at Annual Convention
- E. Attend Zoom and In-Person meetings with Programming VP and other Committees
- F. Present challenges each trimester to keep members involved

## **II. Implementation**

- A. To have 200 Wellness and Personal Development Certifications by April 30, 2025
  - 1. Promote Certifications in SIP
  - 2. Promote Certifications on the USWT Facebook Pages and Website
  - 3. Promote new form to help build excitement in the WPD program
  - 4. All members certifying in Wellness and Personal Development will receive an incentive gift
- B. Have 7 impromptu competitors at Mid-Year Convention
  - 1. Promote competition in SIP
  - 2. Promote competition on Facebook and Website
  - 3. Contact each state contact before each convention to promote participation
  - 4. Encourage pre-sign up with incentive
- C. Have 5 individuals submit essays for Writing Competition at Mid-Year Convention
  - 1. Promote competition in SIP
  - 2. Promote competition on Facebook and Website
  - 3. Contact the state contacts before conventions
  - 4. Have an incentive for each competitor
- D. Have 5 individuals compete in Speaking competition at Annual Convention
  - 1. Promote competition in SIP
  - 2. Promote competition on Facebook and Website
  - 3. Contact the State contacts before the Convention
  - 4. Have an incentive for every competitor
- E. Attend Zoom and In-Person meetings with Programming VP and other Committees involved in
  - 1. Always be on top of email with possible Zoom links with meeting information
  - 2. Be prepared for meetings, having read prior meeting minutes, and agenda for current meeting
  - 3. Have items prepared needed for current meeting as requested by meeting leader

- F. Present challenges each trimester to keep members involved in the Dimensions of Wellness
1. 1st trimester Physical & Spiritual Wellness – outdoor exercise/activities, one with nature, zen
  2. 2nd trimester Social & Emotional Wellness – parties & get-togethers, seasonal changes & holidays
  3. 3rd trimester Financial & Intellectual Wellness – after-holiday budgeting, personal development

### **III. Communication**

- A. Submit articles for the Today's Leader and all chapter mailings
- B. Monthly reports to the National President and others, as requested
- C. Submit articles to USWT Programming Vice President for Programming Newsletter
- D. Communicate with state counterparts once a month or as needed

### **IV. Travel**

- A. Summer Staff Retreat, July/August 2024
- B. Mid-Year Meeting, October 2024
- C. Winter Staff Retreat 2025
- D. Annual Convention, June 2025
- E. Other as opportunities arise throughout the year