

United States Women of Today  
2026-2027 Wellness and Personal Development Program Manager  
1<sup>st</sup> Trimester State Information Packet (SIP)  
Shirley Viesselman  
Theme: *"Leave a Little Sparkle Wherever You Go"*



USWT Members,

*I'm very excited to be your Wellness and Personal Development Program Manager for 2026-2027. Together, we are going to "Leave a Little Sparkle Wherever We Go"*

*A little bit about myself. My husband Kane and I live in Hutchinson. We both recently retired from 3M Company. I was a Technology Trainer there for 12 years after spending most of my career in accounting and finance. Decided I was tired of numbers and went to 3M to put tape in a box. That only lasted a year. I have two grown bonus boys. Casey lives in Eldon, MO, and Cole lives in Clarksville, TN. They are enjoying life to its fullest.*

*Kane and I love traveling and adventure. We spend many weekends in Aitkin, on Spirit Lake in the summertime. We love exploring and bicycling in Door County, Wisconsin, and recently purchased a place at the Gold Canyon RV & Golf Resort in Gold Canyon, AZ. We call it an adult daycare!! We love the outdoors, hiking, bicycling, kayaking, pontooning, etc.*

*I am a charter member of the Hutchinson Area Women of Today in Hutchinson, Minnesota. Have served our chapter in many different roles. Have also been active at the district and state levels and recently served as the Minnesota State President under the theme "Creating Ripples".*

*A little about my theme and focus this year. **"Leave a little sparkle wherever you go"** reinforces the idea that people themselves are the sparkle — through their words, their kindness, and the way they treat others.*

*I'm looking forward to the upcoming USWT year and where it will take us.*

Shirley

## WPD Contact Information

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uswomenoftoday.org

## Calendar of Events

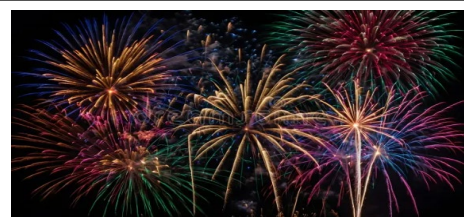
**July 1** – USWT Founder's Day  
**August 2** – USWT Friendship Day  
**August 15** – Fast Starts Due  
**September 1** – All Trimester One  
Certifications due.  
**September 20-26** – Celebrate Women  
of Today Week  
**October 1-3** – USWT Mid-Year  
Convention in Kansas City

## What you can find in this State Information Packet (SIP)

- Letter of Introduction
- Calendar of upcoming events
- Impromptu Speaking at Mid-Year
- My Plan of Action
- What is "Wellness and Personal Development"?
- Why "Sparkle"?
- Fast Start Due August 15<sup>th</sup>
- Sparkle Starter Challenge
- Tri 1 Certification Challenge
- WPD Certification Sample
- Mid-Year Writing Competition

## Coming up at Mid-Year

**Compete with your peers!**  
**There will be drawings and  
incentives for all who  
participate!**



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2026-2027 Plan of Action  
Wellness and Personal Development Program Manager

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## Goals and Implementation

- 1) Goal 1: Increase participation in the Wellness and Personal Development Area.**
  - a. Promote challenges through Today's Leader, state information packet (SIP), Facebook, and the USWT Website.
  - b. Receive 300 USWT Wellness and Personal Development Certifications.
    - i. Provide links to the certifications.
    - ii. Offer incentives.
    - iii. Recognize those participating with a certificate.
  - c. Offer incentives for completing fast starts.
  
- 2) Goal 2: Each trimester, offer opportunities at conventions or online.**
  - a. Impromptu speaking at Mid-Year 2026 Convention.
  - b. Online forums as requested.
  - c. Drawings/incentives for participating.
  - d. Forums at Mid-Year 2026 and Annual 2027.
  - e. Speaking competition at Annual Convention.
  
- 3) Goal 3: Each trimester, provide ideas and opportunities for promoting wellness.**
  - a. Articles in Today's Leader, SIP, and all other mailings by USWT.
  - b. Utilize education and training for presentations.
  
- 4) Goal 4: Communication**
  - a. Submit articles for the Today's Leader and all USWT mailings.
  - b. Complete trimester reports to the National President and Programming VP.
  - c. Communicate with state PMs/PVP once a trimester and encourage trimester reports.
  
- 5) Goal 5: Travel**
  - a. Staff Retreat July/August if available.
  - b. Mid-Year Meeting October 2026 in Kansas City.
  - c. Annual Convention in June 2027.
  - d. Provide any information or supplies on WPD if unable to attend a meeting.

## What is Wellness and Personal Development

**Wellness and Personal Development** touches every part of who we are — our growth, our confidence, our well-being, and the way we show up for others. Throughout the year, we'll explore these facets together and celebrate your progress through certification.

I'll be creating a variety of challenges designed not only to support certification, but to encourage participation, connection, and self-discovery. Each challenge will offer tools, resources, and moments of reflection to help you uncover your strengths, nurture your well-being, and truly **find your sparkle**.

Together, we'll build a year that lifts us, inspires us, and reminds us that the sparkle we leave behind comes from the kindness we share, the words we choose, and the way we treat the people around us.

## Why "Sparkle"?

**As we step into the 2026–2027 year together, I want each of us to remember this: the sparkle isn't something we carry in our pockets — it's something we carry in our hearts.**

Every conversation, every act of kindness, every moment we choose patience or encouragement becomes a shimmer of light in someone else's day. Your words can lift a spirit. Your smile can soften a hard moment. Your presence can make a room feel warmer and more welcoming.

**That is the sparkle.**

My hope for this year is that we each recognize the power we already have — the power to brighten the world simply by being thoughtful, compassionate, and intentional in how we treat others. When we show up with kindness, we leave a trail of light behind us, one that inspires others to shine a little brighter too.

Together, let's create a year filled with connection, encouragement, and joy. **Together, we will truly "Leave a Little Sparkle Wherever We Go."**

## Complete the Wellness and Personal Development Fast Start by August 15<sup>th</sup> and receive an incentive.

1. Email me introducing yourself with your name, chapter, and state. Include your position and email/phone number – and the best way you prefer to be contacted.
2. Share your goals in your respective positions, so that I can be aware of and help you in any way I can!
3. Share with me ways (e.g., articles, mailings, etc.) you are planning to promote and encourage participation and certification in Wellness and Personal Development.

Contact me if you need any assistance at [wpd@uswomenoftoday.org](mailto:wpd@uswomenoftoday.org)

## CERTIFICATION TRI 1 CHALLENGE

- USWT Wellness & Personal Development Certification
- Use this link to complete the certification: [EmailMe Form - USWT Wellness & Personal Development Certification](#)
- Each member who completes the certification will get their name in a drawing at Mid-Year Convention.

**Sparkle Starter Challenge** — A simple 7-day kickoff where each member does one small uplifting action each day (a compliment, a gratitude note, a mindful moment). It will help you begin the year with intention. Send your 7-day list to [wpd@uswomenoftoday.org](mailto:wpd@uswomenoftoday.org) with "**Sparkle Starter Challenge**" in the subject line by August 1<sup>st</sup>.

*Be a reflection of what you'd like to receive. If you want love, give love. If you want truth, be truthful. If you want respect, give respect. What you give out will always return.*



**United States Women of Today**  
*Wellness and Personal Development Program Manager Manual*

## Wellness and Personal Development Certification

Name \_\_\_\_\_ Date Joined \_\_\_\_\_ Date Certified \_\_\_\_\_

Chapter/State \_\_\_\_\_ Email \_\_\_\_\_

Is designed to assist individuals to be aware of their physical, and mental well-being, along with personal growth, careers and citizenship. This form may be completed once each USWT year. Complete a minimum of 15 of the following items and submit online at [www.uswomenoftoday.org](http://www.uswomenoftoday.org). You may also mail to your state contact postmarked no later than May 1

- ☐ Have a physical exam
- ☐ Know your numbers (cholesterol, blood pressure, glucose, and body mass index)
- ☐ Have a dental exam
- ☐ Be a registered organ donor
- ☐ Have an eye exam
- ☐ Donate blood/plasma
- ☐ Certify in CPR or First Aid
- ☐ Check your medication, spice or food cabinet for outdated items and dispose of them properly
- ☐ Exercise a minimum of 3 times per week for one month
- ☐ Attend a seminar, health fair, or read an article on a health topic
- ☐ Keep a journal for 30 days logging your diet, time management, mood or exercise
- ☐ Visit a nursing home, hospital or shut in
- ☐ Complete a Speaking competition or Impromptu competition
- ☐ Present a 4 – 6 minutes speech
- ☐ Enter a writing competition
- ☐ Write an article for a chapter, district, state or national newsletter
- ☐ Write an essay or short story with 300 or more words, but less than 500 words
- ☐ Chair a project
- ☐ Participate in a leadership exercise
- ☐ Participate in a team-building exercise
- ☐ Participate in a chapter project
- ☐ Attend a state or United States Women of Today meeting
- ☐ Learn a new craft
- ☐ Learn a new recipe
- ☐ Read a book or listen to an audio book
- ☐ Update your will or review your financials
- ☐ Volunteer in another organization
- ☐ Interview a member of a different generation about changes they have seen in their lifespan
- ☐ Interview someone from a different culture or nation.
- ☐ Hold local, state or national office
- ☐ Other: \_\_\_\_\_

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**Mid-Year Writing Competition**  
**Entry Fee: \$5.00**  
**Deadline: September 10, 2026**

**Topic:** Share a story of when someone else's kindness impacted you — or when you brightened someone's day by showing kindness. Building community and inspiration.

Make checks payable to USWT. Mail to: Shirley Viesselman, 1015 Jefferson St SE, Hutchinson, MN 55350