

THE SISTERS GLOBAL

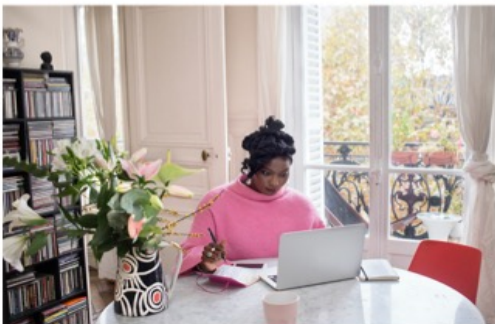


Monthly Newsletter coracle

WWW.THESISTERS.GLOBAL

COPYRIGHT © THE SISTERS GLOBAL. ALL RIGHTS RESERVED

WEEKLY CALLS CORACLE



IN OCTOBER, our Weekly Calls focused on helping women with anxiety, depression, and other mental health issues. We will share resources and encouragement about this topic on our website and social media platforms. Look for a line up via email and Discord for upcoming topics.

Continue the conversation on Discord: <https://discord.gg/RUtpQNXn>

CELEBRATING EMPOWERED WOMEN



MONTHLY SISTER SPOTLIGHT



Aileen Cahill

Customer Champion
Managing Partner, Customer Ergonomics

Aileen Cahill is our newest Sister. Aileen Cahill is a Managing Partner at Customer Ergonomics. Her 25+ years of experience include operating roles for Fortune 500 companies – beginning in Brand Management at Hershey, Pepsi & Con Agra to Chief Marketing Officer and Chief Customer Officer in pharmaceutical and travel – a board room strategy consultant, and Adjunct Professor.

Aileen authored an MBA textbook, "Internet Marketing; Building Advantage in a Networked Economy" published by McGraw Hill. She's known for creating sustainable growth from the "Outside In" helping companies better understand their own customers' needs, their journeys, and how they make decisions.

Tune in to our [October interview of Aileen](#) on Discord



GLOBAL SISTER SPOTLIGHT



Jacinda Ardern

Prime Minister
NEW ZEALAND

Empowered Women in the Post-Pandemic World

SEPTEMBER 24, 2021, Carol Yvette Thorney, Co-Editor, Newsletter Coracle

Jacinda Ardern, New Zealand PM is a model of strong and effective leadership, forging her own path at the age of 39. Her leadership style displays her ability to multi-task, and fosters honest, open communication with a dash of humor. Like most effective leaders, Jacinda brings unique skills. The skills she has developed as a mother and caretaker serve her well, as shown by her agility in a crisis such as the COVID 19 pandemic, which she handled so adroitly.

[Learn more...](#)

Continue the conversation on
Discord: <https://discord.gg/xXhdcVu>

10 Habits of Incredibly Happy Women



BE HAPPY! Is happiness overrated? What is happiness exactly and how do we tap into it and most importantly, how do we remain happy?

There are lots of theories about happiness, some practical and others --- well let's just say are not in the realm of what is practical.

What makes each of happy is a varied as the type of lipstick a woman likes or what makes a good sandwich.

When it comes to women, what make them a truly happy person? How much does control over your life impacts your happiness factor? Here are we are going to share with you 10 known habits of incredibly happy people.

Each month we focus on issues that women may identify or struggle with. We hope to provide practical ways to help our fellow Sisters build on the firm foundation of advocacy and mentorship related to those issues.

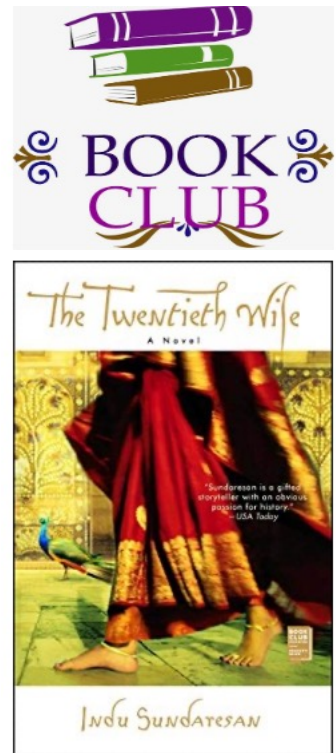
10 HAPPY HABITS THAT ARE GOOD FOR YOU:

1. **Smile** and let the joy meet your eyes. When you smile you breathe deeper.
2. Try Saying **"YES"**
3. **Keep Positive** People In Your Circles.
4. **Do something positive** for yourself everyday - take a walk, listen to a favorite song.
5. Get a **good night's sleep**.
6. **Calendar Up!** Keep busy and fill your calendar with meaningful meetings.
7. **Laugh!** Happy people attract happy people.
8. **Encourage other women.** Be a mentor and make time for at least one friend a week -- check-in on email, Zoom or phone.
9. **Let me go!** Release tension and forgive even if you can't forget.
10. **Stay focused** -- just get it done! Don't procrastinate. Don't put off to tomorrow what you can do today.

Continue the conversation on Discord:
<https://discord.gg/xXhdcVu>

Continue the conversation on Discord:
<https://discord.gg/RUtpQNXn>

THE SISTERS BOOK CLUB



BOOKS TO RECOMMEND

- The Twentieth Wife (Taj Mahal Trilogy, #1), **Indu Sundaresan** is an Indian-American author of historical fiction. Her first novel The Twentieth Wife is about how a young widow named Mehrunissa, daughter of Persian refugees and wife of an Afghan commander, becomes Empress of the Mughal Empire under the name of **Nur Jahan**.

Continue the conversation on Discord: <https://discord.gg/eQ6gmwqu>

HAPPY HALLOWEEN!!



THE SISTERS CORACLES



The Sisters Global
Retreat Coracle



**A time to connect within magic to
revivify our Sisterhood**

SAVE THE DATE!! Wednesday,
November 10, 2021, from 4:00PM to
9PM UK, 8AM to 1PM PST and Noon to
5PM EST, we will be live-streaming a
virtual event for women.

Retreat Theme:

The theme is "Revivification." Covid has brought so much change to our daily lives, to our relationships, to our spirits. So how can we revive our lives? Our Sisterhood? Our selves? Let's dive in!

Zoom Link:

[https://us02web.zoom.us/j/6840338650?
pwd=VDgwZVpZYnNhSzRDQ1RQUU1yeC9
VUT09](https://us02web.zoom.us/j/6840338650?pwd=VDgwZVpZYnNhSzRDQ1RQUU1yeC9VUT09)

Meeting ID: 684 033 8650
Passcode: 1QVNGj

*Continue the conversation on
Discord: <https://discord.gg/>*



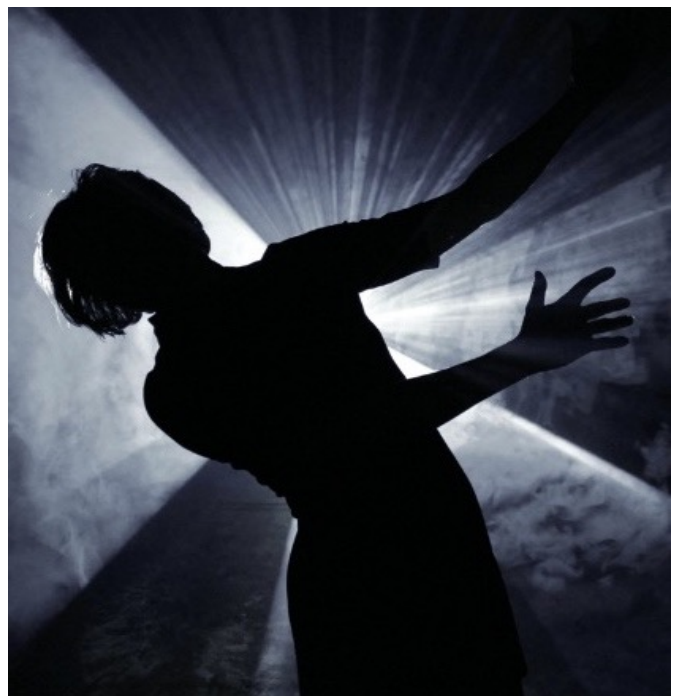
The Sisters Global Series
SisterMind Sessions



**Gather for reflection, conversation, and
encouragement**

Updates on SistersMind Coracle, which focuses on mental health topics will be available in the November Newsletter.

*Continue the conversation on
Discord: <https://discord.gg/bC7cCjBA>*



THE SISTERS CORACLES



The Sisters Global
Sisters' Projects Coracle



Monthly Project Spotlight

Updates on Sisters' Projects Coracle will be available in the November Newsletter.

*Continue the conversation on
Discord: <https://discord.gg/>*



The Sisters Global Series
Membership Coracle

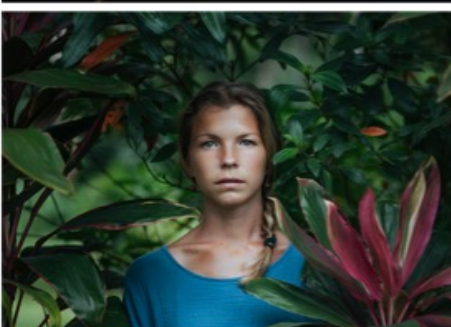
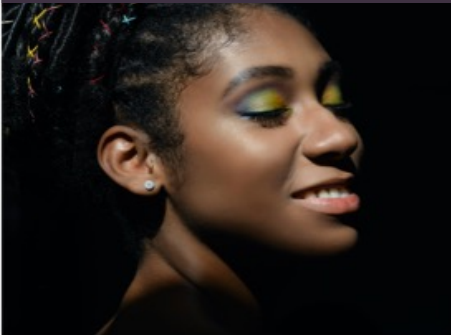


Welcome to the Membership Channel

Updates on Membership Coracle activities will be available in the November Newsletter.

*Continue the conversation on
Discord: <https://discord.gg/>*

QUOTE OF THE MONTH



**"ONE IS NOT BORN A WOMAN,
ONE BECOMES ONE"**

LETTER FROM THE EDITORS



Carol Yvette Thorney

Co-Editor in Chief
The Sisters Global Newsletter Coracle



Lee Stanfield

Co-Editor in Chief
The Sisters Global Newsletter Coracle

THANK YOU for reading Issue #1 of the Sisters Newsletter. This is the kick-off of our monthly newsletter, which we intend to fill with things that our Sisters globally hold near and dear in heart and mind. Fall is a time to reassess, re-energize, refocus, get outside to enjoy the change in weather, and begin to prepare for the holiday season.

We're so thankful for all the support and positive feedback we've received from the our Sisters!

Be sure to keep in touch with us on all **the activities of the Global Sister Coracles** on Discord, and Wild Apricot, and social media channels, and **SPREAD THE LOVE!**

RESOURCES & SOCIAL MEDIA



Facebook:

<https://www.facebook.com/TheSistersGlobal/>



LinkedIn: (JOIN & LIKE US)

The Sister's Global

<https://www.linkedin.com/company/the-sisters-global/>

SEEDS Currency:

<https://discord.gg/HxPvYuKahtt>