



UNLIMITED POSSIBILITIES

# Uplifting Women's Voices & Visions for a **Better World**



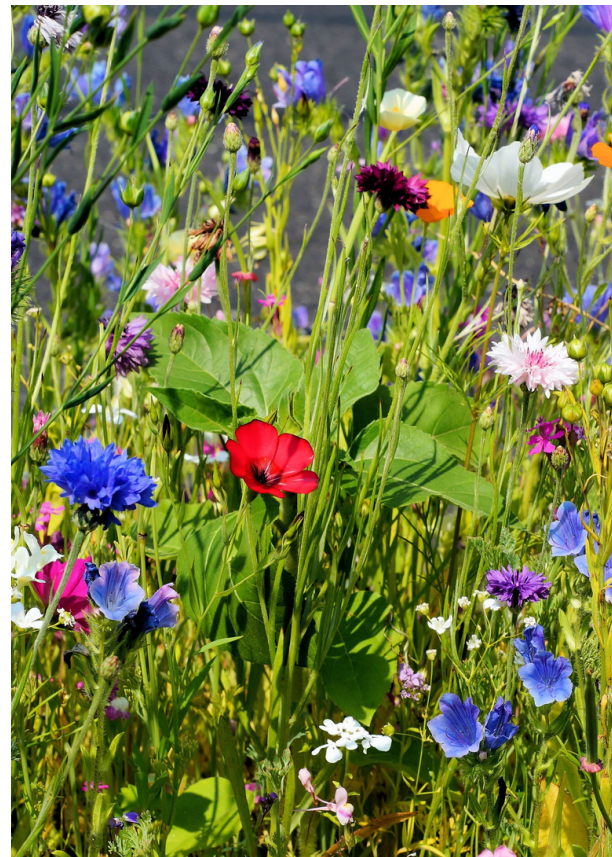
## Welcome to UP

Our goal is to lift up women's voices and visions for a better world. We do so through conversations and storytelling. We are funded by the California Commission on the Status of Women and Girls. Unlimited Possibilities launched its first podcast series in September and shared the voices and visions of 6 remarkable California women. Click here to learn more and listen <https://www.calgalsmedia.io>.

**Listen Now!**

## Editor's Note

We (the UP editorial staff) often use the image of a garden as a metaphor for our lives and our communities. With the right conditions our gardening possibilities are limitless as are our life possibilities. But what are these conditions? How does one overcome adversity and create wellbeing? These were the questions we explored in our first Unlimited Possibilities conversations. Each of our guest spoke from their own experiences about the “nutrients” needed to build resilience, create balance, address adversity, and thrive. We are grateful for their stories, willingness to be vulnerable, their strength, and their compassion for others. Each woman offered ideas for building resilience and finding one's voice and place in the world. To listen, <https://www.calgalsmedia.io>.





# Ideas

Our guests shared many ideas and sources of strength and ways to build resilience. In our UP newsletter, we will mention a few of their ideas with the hope that others will commit to putting these ideas into practice and uplift women and girls in our communities.

Here are three ideas that were offered by our amazing guest in response to the question - What can women do to uplift themselves and others?

## *Be that person*

### **Deema Tamimi's Ideas**

"Don't get hung up in doing something major and big. You can just do little things...go be that person that helps..."

### **Sugri Said Salh's Advice**

To mentor is to offer guidance and direction to another person. It can be done formally through a company's HR department, a community organization, or informally through via work relationships and/or friendships. It is collaborative. To mentor is to share wisdom and experience so another can grow and prosper, too.

"Just because you uplift some other person doesn't mean your power goes back. In fact, you uplift somebody else then your power multiplies. It's like almost like good energy that goes around....Uplift other people and that energy will come back to you." – Shugri Said SahlOne



### **Victoria Evigan's Ideas**

The question: What can we do to make the world a better place.

"...There is a special place in the quiet place where I would say you can think about that question. Just journal it down and see what comes because that could help guide them...really sitting with that question. [Try] journaling it out and go from there...There are so many ways to help."

## *Just Journal It*

# Resources

We will also share resources in each newsletter. One wonderful resource for migrants and refugees that was mentioned in our Dari podcasts was the International Rescue Committee. Their goal is to:

“...deliver lasting impact by providing health care, helping children learn, and empowering individuals and communities to become self-reliant, always seeking to address the inequalities facing women and girls.” Source: <https://www.rescue.org/page/ircs-impact-glance>.

Find more information here: <https://www.rescue.org>

Check out our Ulysses Syndrome and Ways to Heal Project. We have taken important research by Dr. Joseba Achotegui and translated it into info sheets in languages and videos in multiple languages. <https://www.calgalsmedia.io/ava/the-ulysses-syndrome-project>

## Learn More

### **more about Suhgri Sais Sahl...**



[www.shugrisalh.com](http://www.shugrisalh.com)



[www.facebook.com/shugrisalh](https://www.facebook.com/shugrisalh)



[www.instagram.com/shugrisalh](https://www.instagram.com/shugrisalh)

### **Victoria Evigan's Nonprofit & Production Co.**



[www.canyoupicturethis.org](http://www.canyoupicturethis.org)



[www.elephantheartmusic.com](http://www.elephantheartmusic.com)

## Final Thought

Shugri Said Sahl mentioned a Somali proverb “When ants gather, they can lift a lizard.” How shall we gather? What shall we lift? Let’s believe in and work toward unlimited possibilities for women and girls together.