The ISS Mary Anne Haas -
WOMEN’S SYMPOSIUM

presents

Reflect and Recharge

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Let’s check in.
On a scale of 1-5, how are you feeling?
Why are we here?
Be present...
THANK YOU
The power of gratitude

Attitude of Gratitude
Saying “Thank You” (Global)

Saying “Thank You”

1. Try saying “thank you” in different languages. Here are five. Do you know any others?

<table>
<thead>
<tr>
<th>LANGUAGE</th>
<th>THANK YOU</th>
<th>HOW TO SAY IT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawaiian</td>
<td>Mahalo</td>
<td>mah-HAH-low</td>
</tr>
<tr>
<td>Portuguese</td>
<td>Obrigado</td>
<td>oh-bree-GAH-doh</td>
</tr>
<tr>
<td>Japanese</td>
<td>ありがとう</td>
<td>a-ee-GAH-ru</td>
</tr>
<tr>
<td>Swahili</td>
<td>Asante</td>
<td>ah-SAN-lay</td>
</tr>
<tr>
<td>Russian</td>
<td>Czarek</td>
<td>spa-SEE-bah</td>
</tr>
</tbody>
</table>

2. Learn the sign for “thank you” in American Sign Language. Start with the fingers of one hand flat on your lips. Move your hand forwards and down as if you are blowing a kiss in the direction of the person you are thanking.

3. Your body language can also silently express your gratitude. You might:
   - Smile
   - Bow or nod your head
   - Place your hand over your heart
   - Press your hands together
Arundhati Roy: ‘The pandemic is a portal’

The novelist on how coronavirus threatens India — and what the country, and the world, should do next

“Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it.”
Crisis: ALSO implies a turning point, opportunity

**crisis (n.)**

early 15c., crise, crisis, "decisive point in the progress of a disease," also "vitally important or decisive state of things, point at which change must come, for better or worse," from Latinized form of Greek krisis "turning point in a disease, that change which indicates recovery or death" (used as such by Hippocrates and Galen), literally "judgment, result of a trial, selection," from krinein "to separate, decide, judge," from PIE root *krei- "to sieve," thus "discriminate, distinguish."
Break-out Rooms: Share a challenge & how you overcame it.
“We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down.”

-Eleanor Roosevelt
“HEART comes from the Latin cor and points not merely to our emotions but to the core of the self, that center place where all of our ways of knowing converge—intellectual, emotional, sensory, intuitive, imaginative, experiential, relational, and bodily, among others. The heart is where we integrate what we know in our minds with what we know in our bones, the place where our knowledge can become more fully human. Cor is also the Latin root from which we get the word courage. When all that we understand of self and world comes together in the center place called the heart, we are more likely to find the courage to act humanely on what we know.”  -Parker Palmer
Before we check out:
On a scale of 1-5, how are you feeling now?

Gracias, Merci, Xiè xiè, شكراً, Thanks!

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Thank you!

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