



- The ISS Mary Anne Haas -  
WOMEN'S SYMPOSIUM



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presents

# *Reflect and Recharge*

**Facilitated by Homa Tavangar**

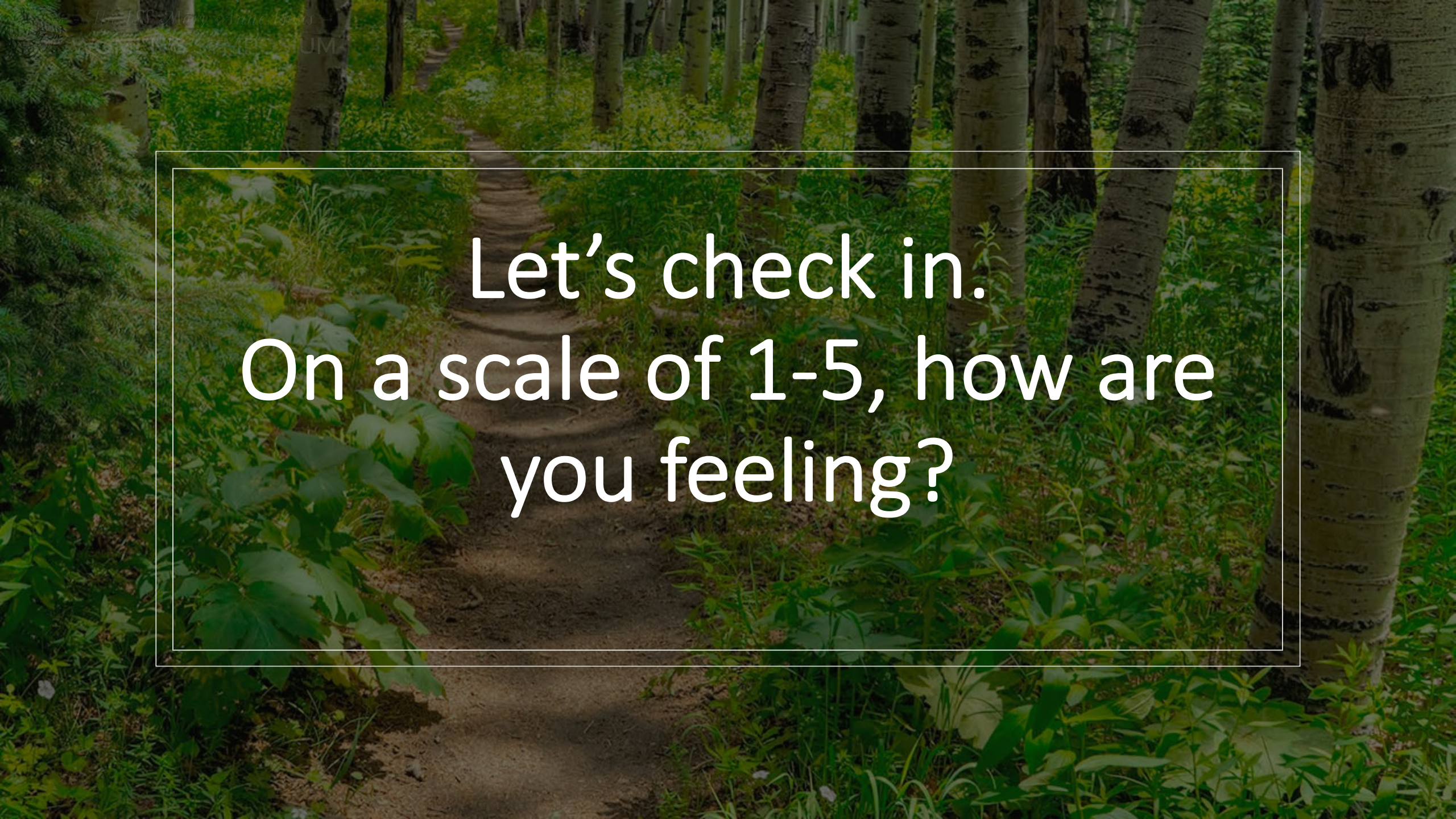
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Let's check in.  
On a scale of 1-5, how are  
you feeling?





**Why are we  
here?**

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*Be present...*






**THANK YOU**




# The power of gratitude

## Attitude of Gratitude


### Saying "Thank You" (Global)



Feeling gratitude means finding ways to appreciate the good parts — and also the difficult parts — of our lives. When we're busy or upset, it can be easy to forget the things we're lucky to have. But gratitude helps us remember them. Learn to express thanks in different languages or just let your body do the talking!



## Saying "Thank You"




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

LANGUAGE	THANK YOU	HOW TO SAY IT
Hawaiian	Mahalo	mah-NAH-low
Portuguese	Obrigado	oh-bree-GAH-doh
Japanese	ありがとう	ar-ee-GAH-toe
Swahili	Asante	ah-SAN-tay
Russian	Спасибо	spa-SEE-bah

If you know someone who speaks another language, find out how to say "thank you" in that language. Enjoy seeing the surprise on their face when they hear you!

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
- Press your hands together
- Bow or nod your head
- Place your hand over your heart



Life & Arts

+ Add to myFT

# Arundhati Roy: 'The pandemic is a portal'

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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 "vitaly 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."

Crisis

危机

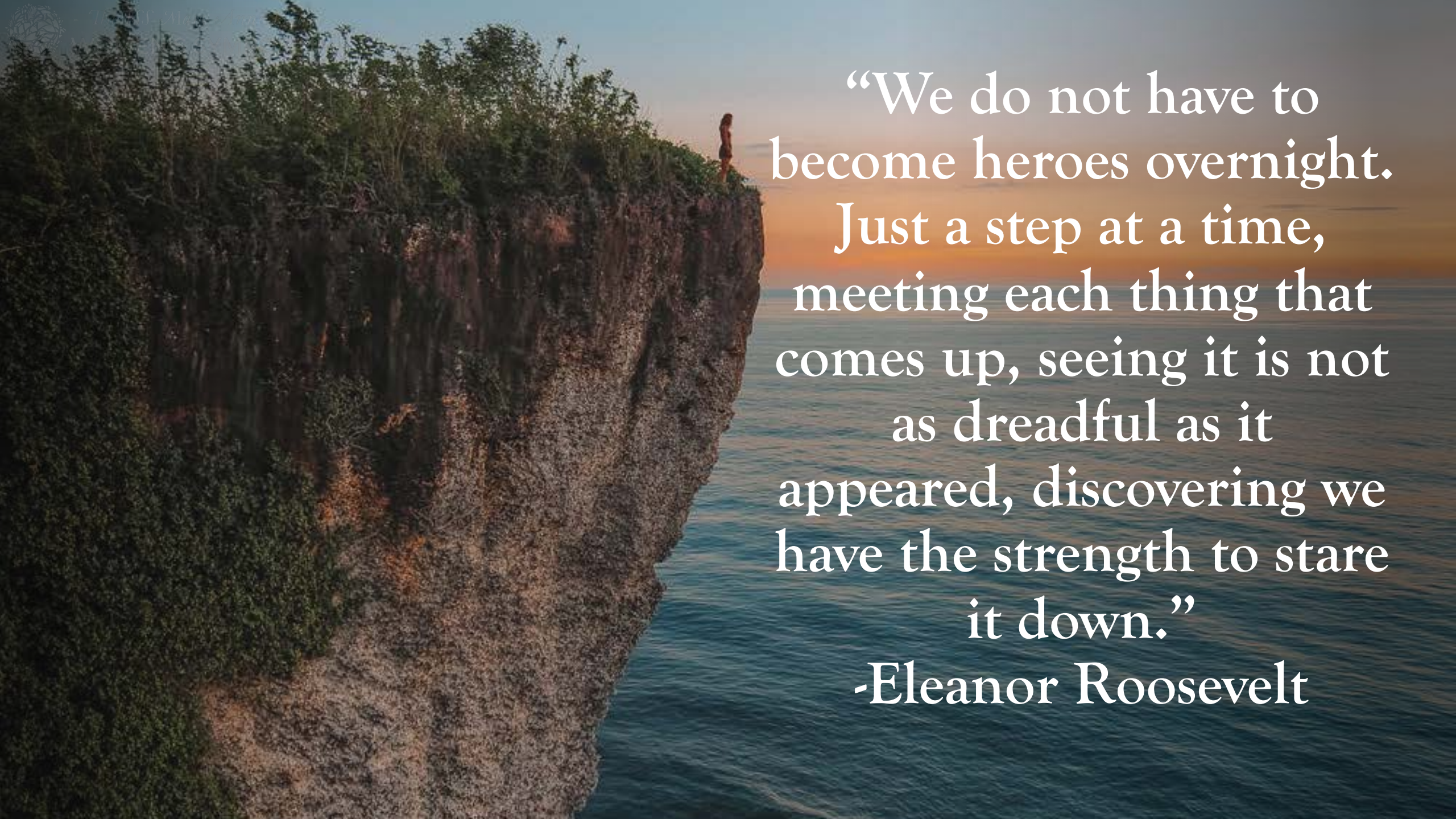
Danger Opportunity





*Break-out Rooms:  
Share a challenge & how  
you overcame it.*



A photograph of a person standing on the edge of a cliff overlooking the ocean at sunset. The cliff is covered in dense green vegetation. The ocean is a deep blue, and the sky is a mix of orange and blue. The person is a small figure on the cliff edge, looking out over the water.

“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






# LEAD WITH THE

“**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?

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*Gracias, Merci, Xiè xiè, شكراً, Thanks!*

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*Thank you!*

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