

What is Remarkable You?

Remarkable You is a 4-part leadership development program focused on YOU! Expanding on FAWCO's Healthy Living Series, we invite you to experience the value received from prioritizing your development. This program will be three hours sessions every three months and focus on being your best self. You will be amazed how intention and focus will elevate your growth to Being Well on life's journey at work, at home and at play.

Retreat 1: Remarkable You:

- Taking Care of Yourself: create a personal intent of self-care with real-life application, by focusing on reflection, renewal, response and rejuvenation.
- Perspectives: what perspectives do you have that serve you well, and which ones get in your way? How can you shift from a limiting to an empowering perspective? Can you choose the perspective This Matters? What would that look like, and what would that produce?
- We all feel overwhelmed from time to time. Let's deal directly with overwhelm and busyness.
- The future is coming. We'll offer tools to pull the future into the present and make things happen.

Retreat 2: Remarkable with Others:

- Building Relationships: what if relationships are the key to having life turn out? Learn how being great with people includes listening and speaking effectively.
- Conversation Matters: just like relationships matter, we'll explore how language works and how conversation is the ultimate connector.
- Defense Mechanisms – how to minimize yours and others defensiveness.

Retreat 3: Remarkable Organizations:

- How can FAWCO – or any people group (family, club, organization) realize its full potential? How can you lead others into this potential?
- Leadership: by building powerful teams for lasting impact, your leadership capacity will increase, along with the success of the organization. You will look at the importance of creating trust, how work gets done, and what commitment really looks like.
- Designing and participating in meetings to maximize your ultimate effectiveness potential. There are key practices that make meetings work well: moving initiatives forward with people contributing and experiencing a good use of their time.

Retreat 4: A Remarkable World:

- What would it look like to be intentional, focused and productive? How to make 1% adjustments that make all the difference.
- Awareness and self-reflection: effective leaders use both as priceless development tools and encourage others to do the same.
- Values: what are your personal values? How do they guide your beliefs and actions to pour your gifts into the world?
- Wrapping it all up and next steps: you can create a new way of operating, with less time and better results.

Each of the virtual sessions will allow time for the introduction of the topic, personal reflection, and individual/group work to go a little deeper. You will have an opportunity to practice the new skills, as well as create an action plan to work on between sessions.

Attendees agree to support the FAWCO Health Initiative to empower women and girls as victims of FGM by making a donation toward the program in lieu of payment for the development program.

FAWCO agrees not to audio or video tape the sessions without prior written agreement.



Rena Gainey is an executive coach and personal development trainer with an extensive history in corporate global leadership development. Rena has a resourceful mindset that helps unleash client creativity in order to co-design better communication and relationships to achieve incredible results. She is a highly qualified, results-driven professional that ignites people to explore new possibilities in their lives.

Rena has traveled extensively to over 35 countries. In 2009, she met the homeland of her heart, Myanmar. She adopted a children’s home and seminary school and has since been the proud American “mama” to over 40 wonderful Burmese kids. Her love for the Burmese people launched arise2LEAD, Inc., where Rena and her team return regularly to train leaders throughout the country. Rena’s certifications include master coach and leadership development expertise in the following disciplines: Contextual Designs, NeuroLeadership Institute, John Maxwell Coach and Trainer, Conversational Intelligence® and Emotional Intelligence.

Rena is married to Neil, and they have five children and 9 grandchildren. They reside in the Midwest, USA.



Lori Glander is an executive coach, training professional, mentor, and writer focusing on personal and leadership excellence. She has a passion for supporting women in their development in all areas of life. The concepts shared in the Remarkable You program are practical and can be mapped on to both personal and professional life endeavors.

Lori’s career has spanned the corporate and nonprofit worlds in many functions including executive coaching, learning and development, sales, supply management, and engineering. Lori is married to Chuck and they reside in Milwaukee, Wisconsin, USA. She enjoys travel, reading, pursuing her own personal and spiritual development, and spending time with family and friends.