

# Time Management

*Accomplishing What Matters and Finding Joy Along the Way*

ADVANCING  
AWOMEN  
IN NASHVILLE 

Non-Profit Focus Partners



Presented By





# Time Management: Accomplishing What Matters and Finding Joy Along the Way

With special guest speaker Tiffany Dufu

# AGENDA

- ▲ Welcome
- ▲ Non-profit partner update- End Slavery TN
- ▲ Key Note: Tiffany Dufu
- ▲ Q&A with Tiffany
- ▲ Non-profit partner update- American Heart of Middle Tennessee
- ▲ Wrap-Up
- ▲ Non-profit partner update- Play like a Girl
- ▲ Actionable Steps (Optional)- Wheel of life, What can I let go of?

# UPDATES

# CONNECT

—ADVANCING WOMEN IN NASHVILLE

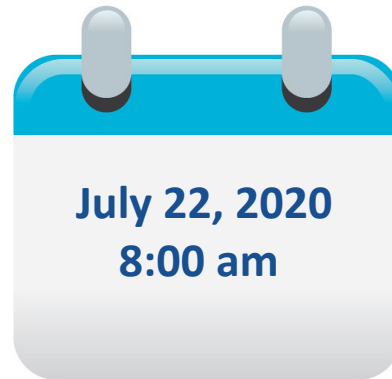
<https://advancingwomeninnashville.com/awin-connect>

# UPDATES



# GIVFUL

<https://advancingwomeninnashville.com/community-connection>



**“Staying Relevant at Work”**

**hosted by Allstate, Bass, Berry, Sims and LP Corporation**

Eventbrite invitations will be sent out by June 30<sup>th</sup>.

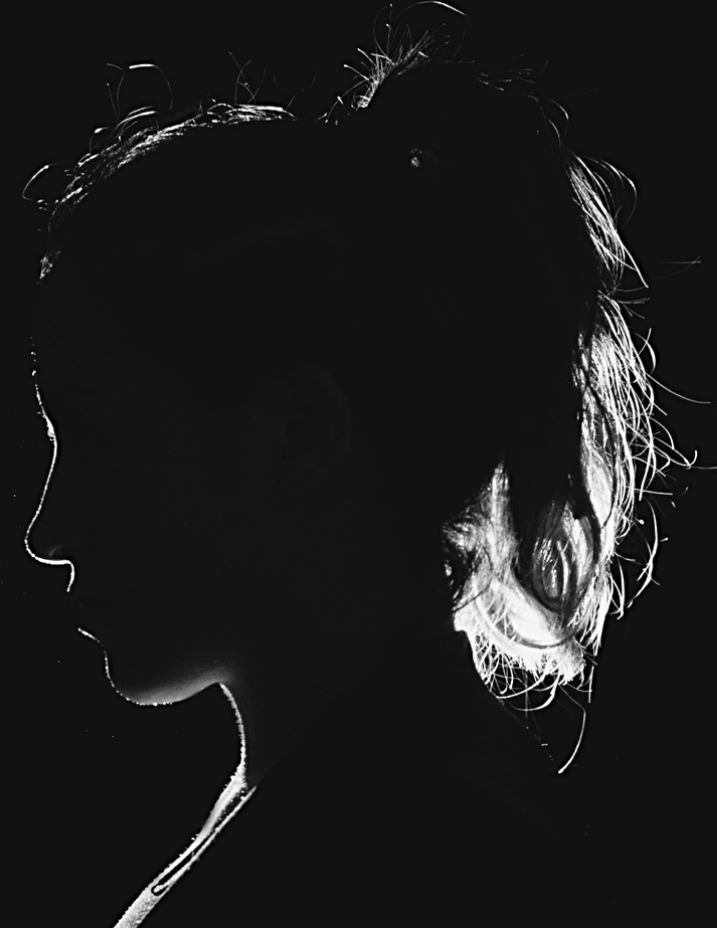


## MISSION

To promote healing of human trafficking survivors and strategically confront slavery in our state.

## VISION

To create a slave-free Tennessee.



## OUR APPROACH

- |                                     |   |   |  |
|-------------------------------------|---|---|--|
| Training<br>Educating the community |  |  | Aftercare<br>Survivor support & services |
| Advocacy<br>Changing laws & systems |  |  | Prevention<br>Breaking the cycle         |

## CONTACT

LEAH MOYER, DIRECTOR OF DEVELOPMENT  
lmoyer@endslaverytn.org | 615.806.6899 X 27  
P.O. Box 160069 | Nashville, TN 37216  
endslaverytn.org

# THINK ABOUT THIS:

- ▲ According to the U.S. Department of Labor:
  - ▶ 70% of mothers with children under 18 participate in the labor force, with over 75% employed full-time.
  - ▶ Mothers are the primary or sole earners for 40% of households with children under 18 today, compared with 11% in 1960.
  - ▶ Women own close to 10 million businesses, accounting for \$1.4 trillion in receipts.



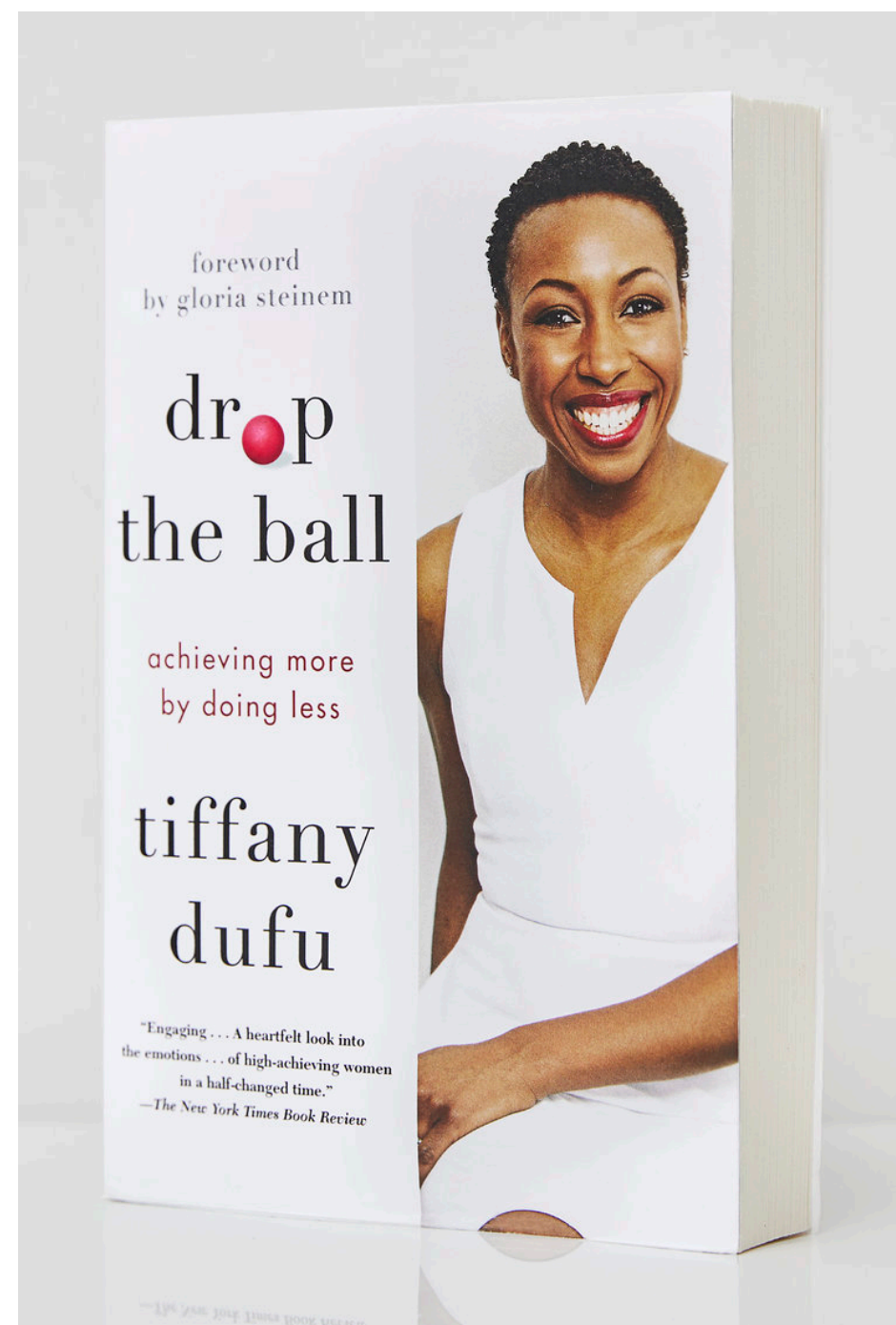
- ▲ According to Pew Trust:
  - ▶ About four-in-ten working mothers (42%) say that at some point in their working life, they had reduced their hours in order to care for a child or other family member, while just 28% of working fathers say they had done the same
  - ▶ Among working parents of children younger than 18, mothers spent an average of 14.2 hours per on housework, compared with fathers' 8.6 hours
  - ▶ Mothers spend 10.7 hours per week actively engaged in child care compared with fathers' 7.2 hours



Tiffany Dufu is founder and CEO of The Cru. Their algorithm matches circles of women who collaborate to meet their personal and professional goals. She's also the author of bestselling book *Drop the Ball: Achieving More by Doing Less*. According to foreword contributor Gloria Steinem, *Drop the Ball* is "important, path-breaking, intimate and brave."

Named to Entrepreneur's 100 Powerful Women and Fast Company's League of Extraordinary Women, Tiffany has raised nearly \$20 million toward the cause of women and girls. She was a launch team member to Lean In and was Chief Leadership Officer to Levo, one of the fastest growing millennial professional networks. Prior to that, Tiffany served as President of The White House Project, as a Major Gifts Officer at Simmons University, and as Associate Director of Development at Seattle Girls' School.

Tiffany is a member of Women's Forum New York, Delta Sigma Theta, Sorority, Inc. and is a Lifetime Girl Scout. She serves on the board of Girls Who Code and Simmons University and lives in New York City with her husband and two children.





# CONNECT WITH TIFFANY

▲ Buy her book-<http://tiffanydufu.com/drop-the-ball>

 <https://twitter.com/tdufu>

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

 <https://www.instagram.com/tdufu/>

 <https://www.linkedin.com/in/tiffany-dufu-582089a/>

 [https://www.youtube.com/channel/UCoSIgKTfYRMmBreoNv\\_8-aA](https://www.youtube.com/channel/UCoSIgKTfYRMmBreoNv_8-aA)



**the cru**

EVERY WOMAN NEEDS ONE

## LEARN MORE ABOUT THE CRU

• <https://www.thecru.com/>

 <https://www.instagram.com/thecru/>

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

 <https://twitter.com/findyourcru>

 <https://www.linkedin.com/company/thecru>



# AWIN, join our IMPACT in Middle Tennessee!



## THE PROBLEM

- Cardiovascular diseases kill **1 woman every 75 seconds**
- Heart disease and stroke cause **1 in 3** deaths among women each year
- More than **half** of Middle Tennesseans will be told they have high blood pressure
- Tennessee is ranked as the **highest level of childhood obesity in the country**
- Stress and anxiety is drastically effecting women's heart health



## OUR IMPACT

We're not going to let another woman suffer and die from a disease that in most cases can be prevented. That's why the American Heart Association has invested in more research to find cures specifically tailored for women. Through **Go Red for Women**, we are working in communities around the world so that women not only understand their greatest health threat but take action to lower their risk.



## THE NEED

While the hurdles we've overcome are worth celebrating, there are many more challenges that are taking loved ones from us every single day. For instance, women living in under-resourced communities have shorter life expectancies because their options are limited. The American Heart Association is fighting these issues for women, but we can't do it alone.



## MAKING A DIFFERENCE

As a supporter of the Middle Tennessee Go Red for Women movement, YOU can help make a lasting impact in women's lives not only in our community, but also around the world. Together we will educate women in Middle Tennessee on the importance of living a healthy lifestyle, we will find cures for heart disease and stroke, and we will level the playing field so that every woman could live life so she can invest her energy back into the ones she loves.

Click here to get involved and donate: <http://middletnngored.heart.org>



Middle Tennessee  
**GO RED FOR WOMEN**

American Heart Association®



# AWIN, join our IMPACT in Middle Tennessee!



Go Red for Women is changing the perception women in Tennessee have about heart disease and stroke. Throughout the year, we share life-changing stories of triumph and loss to inspire women to make changes to their own personal health. Through National Wear Red Day, we blanket Middle Tennessee in a sea of red so that women know heart disease and stroke are their number one health threats. And through our year long programs, we are working with underserved communities to improve health and opportunities for all women.

Since its inception, Go Red for Women has walked alongside millions of women to improve their cardiovascular health while raising funds for research and education initiatives. By working with you, we can achieve so much more!

Use this link to get involved and donate: <http://middletnngored.heart.org>

## The Problem:

- Cardiovascular diseases kill **1** woman every **75** seconds
- Heart disease and stroke cause **1 in 3** deaths among women each year
- More than **half** of Middle Tennesseans will be told they have high blood pressure
- Tennessee is ranked as the **highest** level of childhood obesity in the country
- Stress and anxiety are drastically effecting women's heart health

PLAY  
LIKE  
A GIRL®

Play Like a Girl is a 501(c)3 charitable organization inspiring girls through sport and active play. What started with one woman in 2004 is now a national movement. Today, we're leveling the playing field by leveraging the transferable skills girls gain from sport to give them a competitive edge in the classroom and propel young women into competitive, male-dominated careers in STEM.

VISIT US AT  
[IPLAYLIKEAGIRL.ORG](http://IPLAYLIKEAGIRL.ORG)



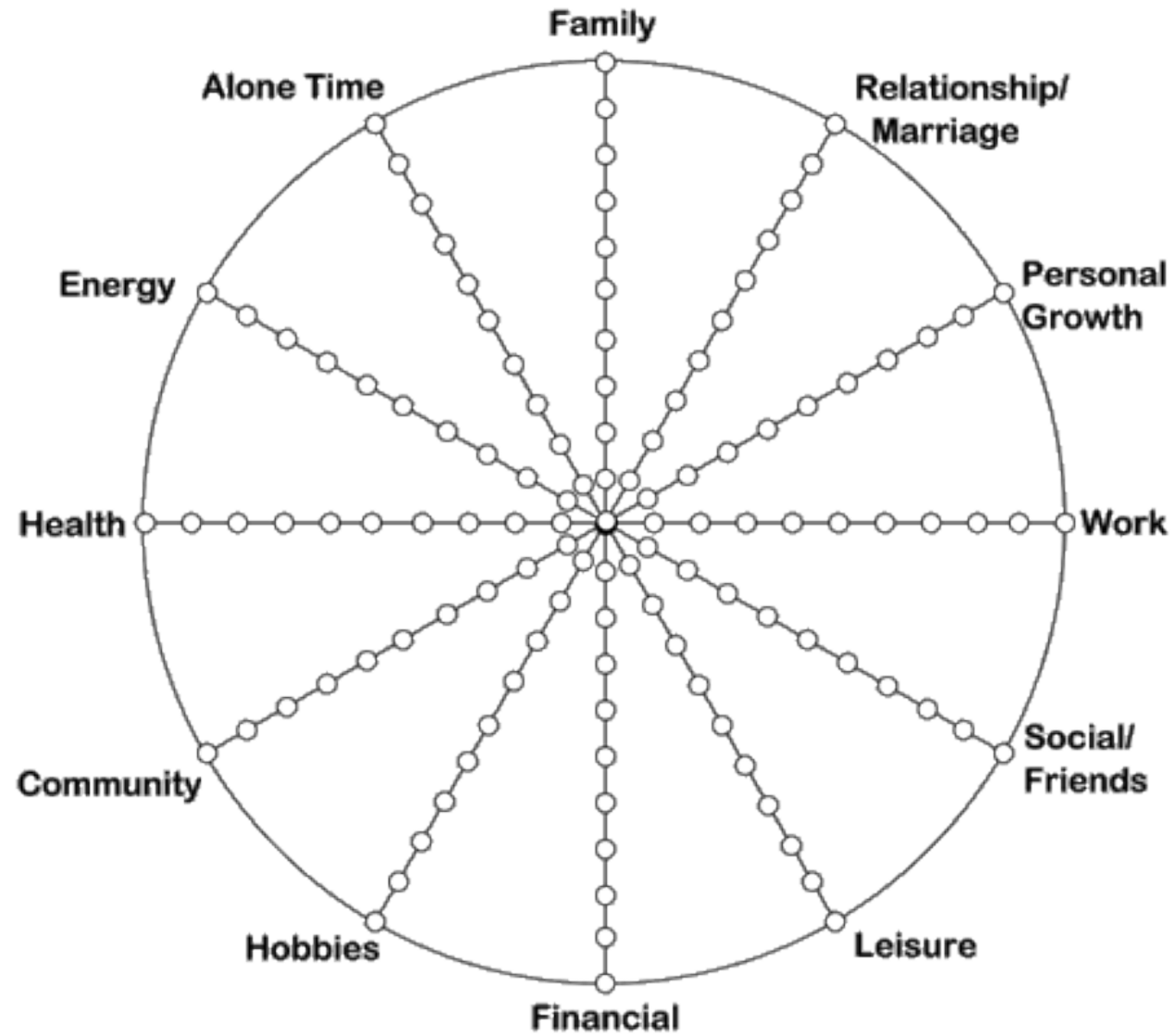
# HANDS ON



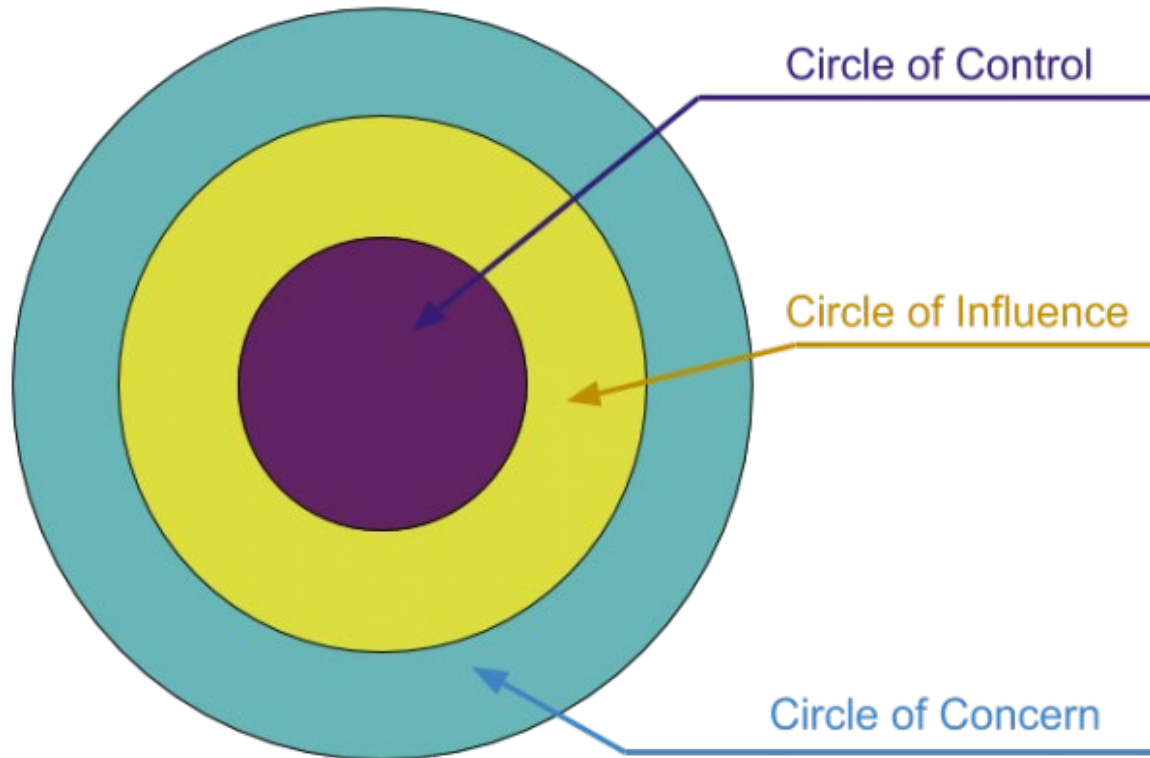
## How to start?

- **What matters?**
- **What doesn't?**
- **Who is in my circle of support?**

# Wheel of Life



# What can I let go of?



**What have I chosen to make my responsibility?**

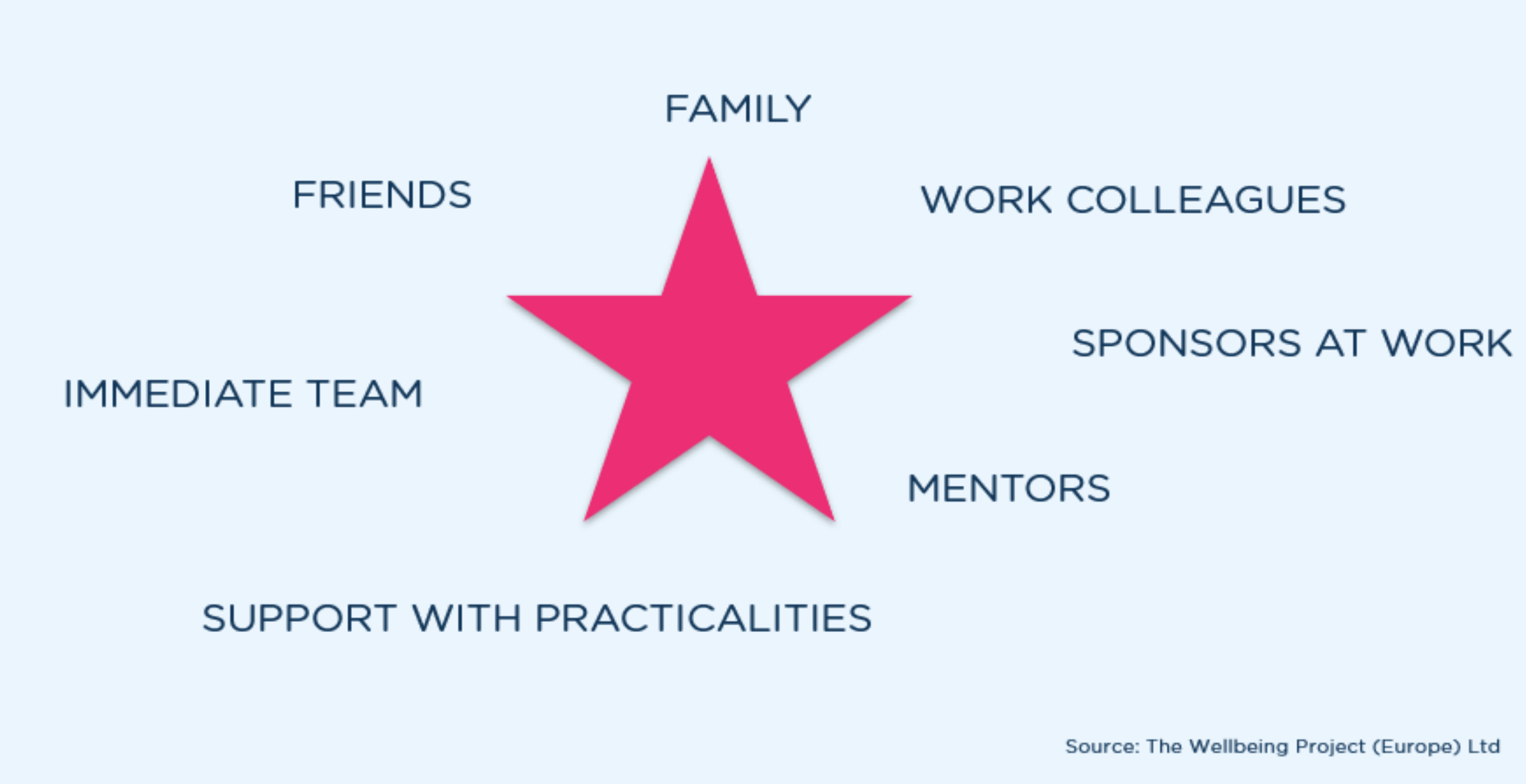
- Home
- Work
- Family
- Friends

**Do these things align with what I am focusing on in my wheel?**

**What will I give up so that the things I value will thrive?**

**What will I delegate/reassign so that things I will thrive?**

# Relationship Star



Source: The Wellbeing Project (Europe) Ltd







@AWINashville



@awinashville



@AWINashville



@AWIN\_Nashville



<https://advancingwomeninnashville.com>