**Delta Sigma Theta Sorority**

**Sponsors**

**Loving Yourself Workshop**

Members of the Bennettsville-Cheraw Alumnae Chapter of Delta Sigma Theta Sorority, Inc. held their Delta Academy and Delta GEMS workshop Saturday, February 5, 2022 via Zoom.. The title of the workshop was, “Loving Yourself.” The purpose of the workshop was to raise awareness of self-love and self-esteem.

The guest presenter for this workshop was Ms. Tabitha D. James, an award winning business strategist, five-time author and global speaker, who has helped numerous businesses, entrepreneurs, and nonprofits unleash their greatness!  A native of Lake View, SC, Ms. James’ commitment to showing others that they too can be successful in their corner of the earth stems from her personal journey towards success. She facilitates virtual workshops, engaging in activities to create diverse opportunities for youth and young professionals in rural areas, and also mentors and coaches entry-level entrepreneurs. With a leadership mantra that proves, “A true leader not only leads others, but advises and builds them to become leaders as well”, Ms. James works diligently to exemplify “selflessness through service”. Her belief is the first step to happiness is loving yourself.

Ms. James asked participants, “What are some things you are struggling with?” Participants responded with the following; grades, body images, feelings of nervousness, and being the only one in a crowd that is different. Ms. James told participants that we all suffer from time to time with feelings of not being good enough. Ways to overcome feelings of not being good enough is to be different and don’t stand with crowds that are not doing the right things. When faced with struggles and confidence, ask yourself, what are things you can control and things you can’t control? Are you giving your best towards a subject you may be struggling in? Admit struggles and talk to someone who can help. Use your voice to let people know what you are going through. When being the only one of color in a crowd, you should own your space. You are chosen for that situation; use it to represent who you are. Change the way you talk to yourself. Tell yourself, “I am enough; I am confident!

The participants were given a canvas of a girl holding a heart to paint. They presented their paintings and expressed what their painting exemplified for them personally.

Realizing the toll faced by students globally, the chapter seeks to provide monthly workshops that would help build self-awareness and self-esteem.

Delta Academy and Delta GEMS mentoring groups are a national initiative of Delta Sigma Theta Chapters to place emphasizes in helping young ladies to reach their highest potential in leadership and non-traditional fields. In collaboration with skilled professionals, workshops are held monthly to place emphasis on the development of leadership skills while focusing on areas of math, science, technology, health, etiquette, non-traditional careers, and public exposure through service learning and special outings.  The chapter will continue monthly workshops through Zoom presentations to help middle and high school participants stay motivated as they work towards reaching their goals. Chapter President is Lynn C. Henry, Vice-President is Dannie Blair, Eunice Ray is Chair and April Davis is Co-Chair of Delta Academy and GEMS.