

Current Conversations for Women: Fall Session 2024 Copy for Syllabus/Online Catalog

UNLOCKING CLARITY: YOUR BLUEPRINT FOR A REMARKABLE YEAR AHEAD

Susan Salter, Life Coach

Thursday, October 17, 2024, 9 am to 10:15 am

Join us as this seasoned Life Coach shares insight into how to be in alignment with who you are meant to be. Learn how to tap into adaptive strategies to become unstuck and able to achieve your personal goals. Begin a journey for unlocking your best path to growth and meaningful pursuits.

Susan Salter is a force of transformation, an empowerment architect, and a catalyst for change. She wears many hats with pride: Speaker, Educator, Changemaker, and Captain of Life, Styled by Susan—a sanctuary for triumphant women craving more out of life with none of the baggage. Susan lives in Wilmington, Delaware with her husband and grumpy cat, Seraph. She is the Mom of two amazing adults, Eileen and John.

ONE JOURNAL AT A TIME: HOW I BECAME AN AUTHOR AND HOW YOU CAN DO IT TOO

Lisa Graff, Teacher, Writer, and Actress

Thursday, October 24, 2024, 9 am to 10:15 am

Lisa Graff, local novelist, essayist, and columnist, will outline her personal journey from a novice writer to locally known actress and storyteller, from her first byline to the present day. She will bring samples of published work from the Washington Post, Women's World Magazine, and her award-winning column, "Our Senior Yearbook," featured in the Cape Gazette from 2012 to 2023. This is an opportunity to gain from Lisa's expertise and experience for any aspiring writers seeking guidance, and a chance to be entertained by a dynamic local celebrity.

Lisa Graff was born and raised in the DC metro area before her retirement in 2010 to Lewes, Delaware. She completed her bachelor's degree at Frostburg State and a Masters in Theater from Northwest University. Lisa taught English, Speech, and Drama in grades 7-12 as well as English as a Second Language in grades K-6. Lisa has numerous acting credits from local community theaters, and in January 2024, she joined the cast of Mousetrap at Clear Space Theater in Rehoboth, Delaware. An active member of the Rehoboth Writers Guild and AAUW, Lisa enjoys reading, traveling, and spending time with friends and family, including her husband, Ray, two children, and four granddaughters.

MESSAGES FROM SPIRIT

Reverend Donna McEntee, Intuitive Spiritual Counselor and Medium

Thursday, October 31, 2024, 9 am to 10:15 am

Do you have questions for loved ones who have passed? Do you want to feel more connected to them and other angels or guides? This session will be the perfect opportunity to learn many of the ways your “celestial team” stays in constant communication with you, and to understand the meaning behind their symbolic messages being used to show that you are helped and guided. All participants in the class will have a chance to win, through random selection of names in a bowl, one of three (15 minute) sessions to receive messages from Spirit during the last 45 minutes of Donna’s presentation. As each of these three lucky winners receives guidance from those in Spirit, the rest of the class will also benefit from these messages, even though they are not specifically directed to them. Bring your questions and requests of Spirit and open your heart to guidance.

Reverend Donna Michel McEntee has been working as an Intuitive Spiritual Counselor and Medium for over three decades, with both national and international clients. Donna was ordained in 2003 as a minister through One Spirit Interfaith Seminary in NYC. For over ten years, she served as a minister for Hospice. Donna is a trained Alcohol and Substance Abuse Counselor, a Reiki Practitioner, and a Life Coach. She is the author of “The Adventures of Starry and Skye, Heaven’s Littlest Angels,” about restoring hope after loss. Reach Donna through her website at Angelslighttheway.com

BUILDING CULTURAL AGILITY

Diane McGreal, Cross Cultural Trainer

Thursday, November 7, 2024, 9 am to 10:15 am

Our cultural background plays an important yet silent role in our day-to-day lives. The goal of this session is to improve your appreciation of culture’s impact and recognize its significance. Participants will explore the five steps necessary to being a culturally competent person able to adapt to situations that are different from their own. Cultural agility can lead to more meaningful interactions when traveling abroad or dealing with individuals of various cultures closer to home. This presentation will open a new and rewarding window into the diverse world we live in.

Diane McGreal has lived for many years outside the USA. As Director of Cross-Cultural Training for Berlitz International, she was responsible for over 400 globally located cultural trainers and the implementation of training courses for individuals and organizations as they prepared to expatriate and/or conduct business in new, multicultural environments. With a degree in

International Relations, Diane was responsible for the development of cross-cultural training materials, the trainer certification process, training facilitation, and expansion of the cross-cultural training business model across Berlitz Asia, Europe, and Latin America. After leaving Berlitz, Diane developed the content for Living Abroad's online cross-cultural training tool. Diane and her husband retired to Lewes from New Jersey in 2016. In her spare time, she can be found gardening at home or with Lewes in Bloom. During the summer, Diane and her husband sail the Chesapeake in their boat SYZYGY.

THE FRIEND FACTOR: HOW RELATIONSHIPS SHAPE OUR LIVES

Elizabeth Copeland, Certified Senior Advisor

Thursday, November 14, 2024, 9 am to 10:15 am

Building and maintaining meaningful friendships is crucial for our well-being and personal growth. Studies have shown that maintaining strong friendships in later years is a primary requisite for overall health and quality of life. Some benefits of friendship in older age include emotional support, better physical and mental functioning, a clearer sense of purpose, and social support. We will discuss how friendships can vary in intensity and closeness, but broadly speaking, the importance of all types of friendships and how they might change as we age.

Beth Copeland is the owner and director of Griswold Home Care, which she operates in both Delaware and Maryland. Beth began her career as a registered nurse, but after attending graduate school at Duke University, where she received her Masters in Nursing Administration, she moved to health care consulting and working with the elderly. Beth became a Certified Senior Advisor in 2015, and enjoys a multifaceted approach to assessing client needs. She is grateful for family and friends, all of whom have played a significant role in shaping who she is and enriching her life.