

**COFFEE & CONVERSATIONS 2023**

**I AM MORE THAN MY YESTERDAY.**

*Changing the World, One Message at a Time.*



**Be a Forrest Gump:  
Refusing To Let Your Fears Stop You!!**

September 27, 2023

eliminating racism  
empowering women  
**ywca**  
Northeast Indiana

# Coffee & Conversations Agenda

8:00 Welcome to Coffee & Conversations: Be a Forrest Gump: Refusing To Let Your Fears Stop You!!

- Brief summary of YWCA Northeast Indiana
- Where is the hardest prison to escape from?

8:15 **Chynna Presley** is introduced

- Imposter Syndrome

8:45 **Andie Hines-Lagemann** is introduced

- Emotional Intelligence

9:15 Wrap up

- Thank you to our speakers and to Ash Brokerage!
- Our next Coffee & Conversations event (**Be a Flamingo in a World of Chameleons: Branding the Uniqueness of You**) is on **December 13th** at Ash Brokerage.
- Upcoming Circle event on October 19, 2023
- Opportunity to support YWCA Northeast Indiana

# YWCA Northeast Indiana

Serving six counties: Allen, Dekalb, Huntington, Noble, Wells, & Whitley

eliminating racism  
empowering women  
**ywca**  
Northeast Indiana

**YWCA Northeast Indiana is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.**

## Residential Services

### Bonnie's House

- 66 bed DV shelter
- Serves individuals and families who are fleeing domestic violence
- Client Care Technicians provide daily living support

### Children's Services

- Supports children and their parents while staying in our residential programs
- Parenting classes, educational support, etc.

**24/7 DV & Sexual Assault Crisis Line:** 800.441.4073

## Survivor Services

### Domestic Violence Advocacy

- Serves clients in shelter and throughout community
- Assists in building safety plans and connection to resources, such as protection orders, etc.

### Sexual Violence Services

- Serves individuals who have experienced sexual assault throughout community
- Connection to resources, legal action, and support

## Self Sufficiency

### Dress for Success

- Financial skills and career classes offered to residents and clients at YWCA
- Provides professional attire to YWCA clients and externally referred clients
- Absorbed program in 2018 from Women's Bureau

### Housing Services

- Assists clients in finding safe and affordable housing
- Administers state grants to help clients with rent and other housing costs

### Outpatient Case Management

- Ongoing case management offered to women leaving the Hope & Harriet addiction recovery program

## Goldstein Family Scholarship Program

The Goldstein Family Scholarship Program helps women survivors of domestic violence improve their self-sufficiency and quality of life by completing higher education. It provides financial support for tuition, books, rent, utilities, and childcare.

## Mission Advancement

### Community Education

- Educates youth in elementary, middle, and high schools on various topics including healthy relationships and bullying
- Educates adults in their workplaces on various DV and racial justice topics

### Racial Justice

- Focuses on helping our organization actively eliminate racism
- External events include Race Against Racism and Diversity Dialogues series

## Quick Overview

2023 Budget: \$4,977,424  
# of current employees: 67

**2022 CLIENTS SERVED:**  
24/7 Crisis Line: 2,691 calls  
DV Shelter: 369 adults, 303 kids  
DV Advocacy (community and shelter adults): 754  
Education: 7,653  
Recovery: 94 adults, 5 kids  
Dress for Success: 132  
Therapy: 154 adults  
SA Advocacy: 78 adults, 8 kids  
Outpatient CM: 8 adults  
27,204 bed nights of shelter care

## Clinical & Recovery Services

### Hope & Harriet Addiction Recovery

- Merged with Hope House in 2015 and then absorbed Transitions (renamed Harriet House) from Women's Bureau in 2018
- Provides addiction recovery services to women
- One of few programs in Indiana to accept children into the program

### Clinical Therapy Services

- Counseling for residential and community clients experiencing domestic violence, sexual violence, or addiction

**Domestic Violence and Sexual Assault Crisis Line:** 800.441.4073

 &  YWCA Northeast Indiana

 @ywcanein  @ywca\_nein

**T** 260.424.4908 **F** 260.420.5202

**ywcanein.org**

5920 Decatur Road  
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46816



**Where is the  
hardest prison  
to escape from?**



*The hardest prison  
to escape is in  
our own mind.*

# Forrest Gump



# Speaker: **Chynna Presley**

Leadership Development Coach, Mezzo Management Solutions

Chynna Presley is a self-proclaimed multipotentialite, or more commonly described as a jack of all trades. With a bachelor's degree in social work, a master's degree in organizational leadership, and a life degree in hard experiences, Chynna has served the greater Fort Wayne community in a variety of roles over the course of the last 16 years. Today, she serves as an on-air radio personality for STAR 88.3, and a leadership development coach for her business Mezzo Management Solutions.



# Speaker: **Andie Hines-Lagemann**

Emotional Intelligence Practitioner, Tidewater Coaching

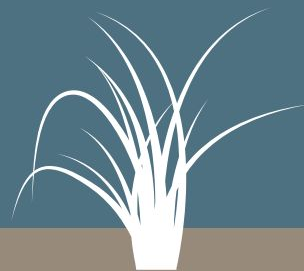
Andie is an Emotional Intelligence Practitioner and advocate for women, entrepreneurs, and people with disabilities. Aside from her practice, Tidewater Coaching, Andie is the Startup Ecosystem Manager for Elevate Northeast Indiana, develops entrepreneurship curriculum for Rise, coaches Rise facilitators, is a Build Institute entrepreneurship training facilitator through the City of Fort Wayne, and is on the Global Entrepreneurship Committee for the US Department of State. Andie is a 2020 Indiana Commission for Women Torchbearer Award winner for creating a network of nearly 700 women entrepreneurs in Northeast Indiana. She is on the Steering Committee and Economic Security Sub-Committee for the Women's Fund at the Community Foundation of Greater Fort Wayne, and the Community Advisory Committee for the Garatoni School of Entrepreneurship at Ivy Tech Community College Fort Wayne & Warsaw. She also serves on the boards of directors for Make a Wish, Give Hear, and The League for the Blind and Disabled. Andie earned her Bachelor's of Fine Art from the University of St. Francis, and completed her Master's of Positive Psychology through Indiana Wesleyan University. In her down time, Andie loves to cook, and she enjoys sharing this gift with her family and friends.







ANDIE HINES-LAGEMANN  
FOUNDER | EQ PRACTITIONER



Tidewater  
coaching  


# PRACTICES & OBJECTIVES

- **CONFIDENTIAL**
- **JUDGEMENT-FREE**
- .....
- **SELF-AWARENESS/INDEPENDENCE**
- **CONNECTEDNESS/INTP RELATIONSHIPS**
- **DECISION-MAKING/STRESS MANAGEMENT**

# REFLECTION



**WHEN DID YOUR SELF-TALK  
GET IN THE WAY?**



WHAT WOULD HAVE GONE  
DIFFERENTLY?

WHAT WOULD HAVE BEEN  
THE EMOTIONAL BENEFIT?

**USE THIS AS A GOAL!**



## CHRISTOPHER PETERSON



"Positive psychology is the scientific study of what makes life most worth living. It is a call for psychological science and practice to be as concerned with strength as with weakness; as interested in building the best things in life as in repairing the worst; and as concerned with making the lives of normal people fulfilling as with healing pathology."

# RELATED DISCIPLINES

Health Psychology

Social Psychology

I/O Psychology

Educational Psychology

Developmental Psychology

Personality Psychology

Evolutionary Psychology

Cultural Psychology



# TOO LOW / TOO HIGH

## LOW

- DEFENSIVENESS
- INSENSITIVITY
- STUBBORNNESS
- SHORT FUSE/KNEE JERK
- INABILITY TO COPE & MANAGE STRESS
- LACK OF SELF-AWARENESS

## HIGH

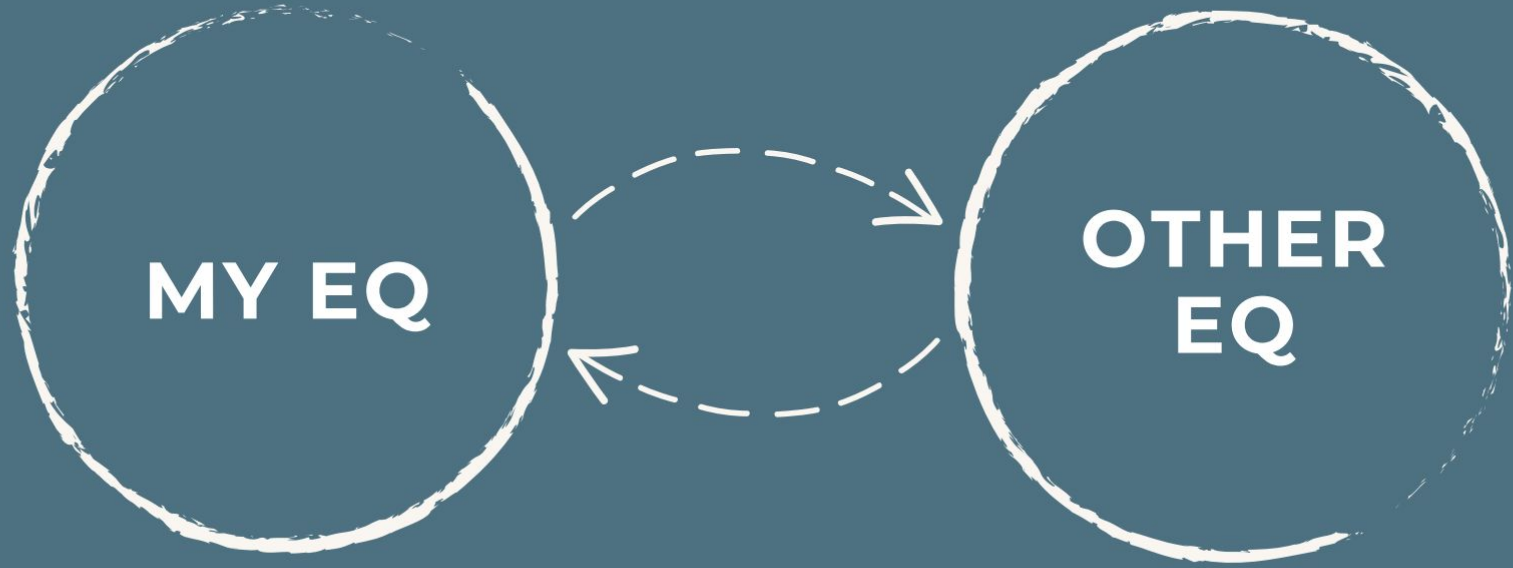
- OVER-CONFIDENCE
- AGGRESSION
- OVERCOMMITTING
- ANALYSIS PARALYSIS
- EMOTIONAL DISCONNECT
- TOXIC POSITIVITY
- ASSUMING OTHERS OPERATE THE SAME WAY YOU DO

# WHY IS EQ IMPORTANT?

- EQ > IQ
- PERSONAL WELLBEING - EMOTIONAL, PSYCHOLOGICAL, AND PHYSICAL
- SOCIAL SKILLS
- EFFECTIVE PROBLEM SOLVING
- SUCCESSFUL STRESS MANAGEMENT
- = INCREASED POSITIVE EMOTION



# EMOTIONS ARE FOR OTHERS



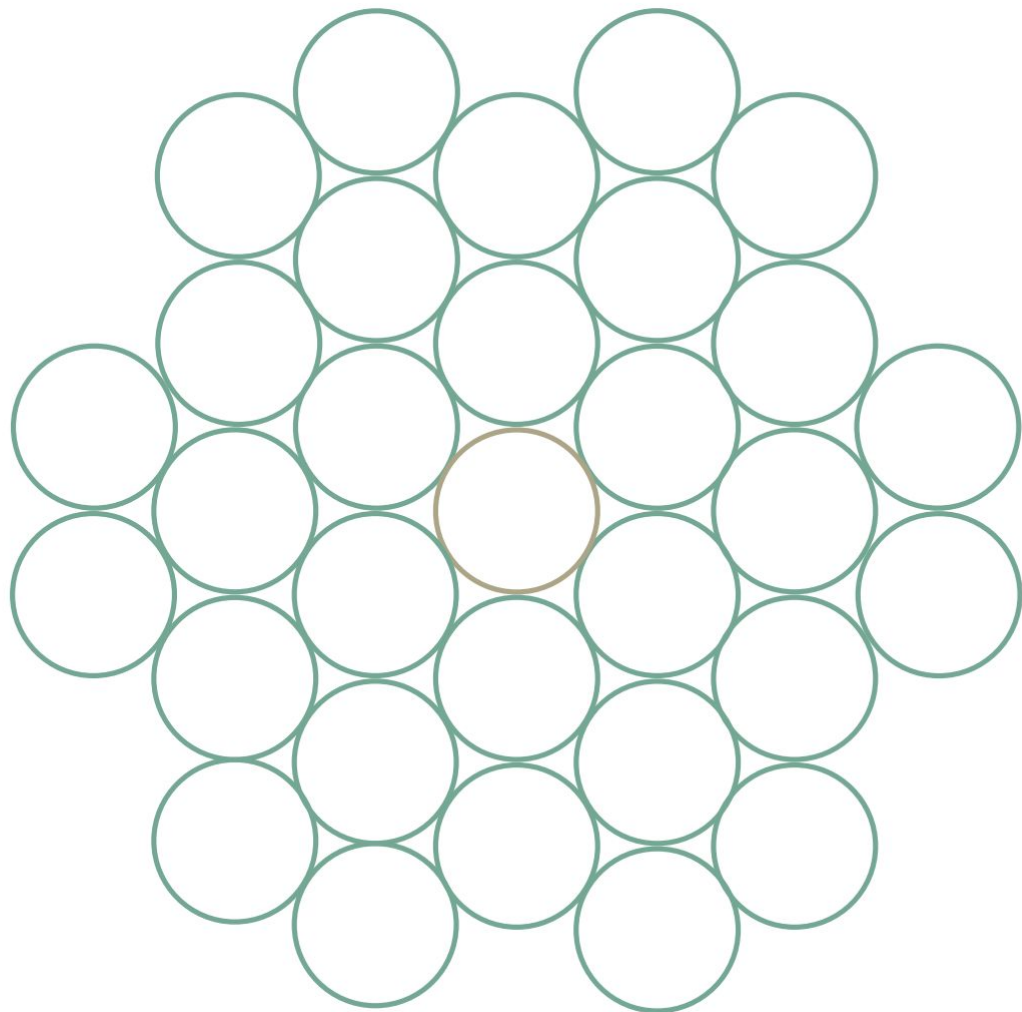
The background features a teal color field with abstract shapes in brown and white. A large brown shape is on the left, a white shape is on the top right, and a smaller brown shape is on the right side.

**IS YOUR FEAR  
SERVING YOU OR  
STOPPING YOU?**

REFRAME

.....

REFUTE



**FEAR =  
SHARPNESS OF  
REACTIONS**

The background features a teal color field with organic, flowing shapes in brown and white. A large, light brown shape is on the left, and a white shape is on the right, partially overlapping a dark brown shape.

**BE  
COURAGEOUSLY  
SOFT**



## USEFUL RESOURCES



[PositivePsychology.com](https://www.PositivePsychology.com)

[VeryWellMind.com](https://www.VeryWellMind.com)

[GoodTherapy.org](https://www.GoodTherapy.org)

The EQ Edge  
by Howard E. Book and Steven J. Stein



THANK YOU



Tidewater  
coaching



TIDEWATERCOACHING.COM  
ANDIE@TIDEWATERCOACHING.COM



# Thank you to our speakers!



Thank you to our event sponsor:





# Save the date for our final Coffee & Conversations event of the year!

## DECEMBER 13TH: BE A FLAMINGO IN A WORLD OF CHAMELEONS: BRANDING THE UNIQUENESS OF YOU

Join us for an engaging and interactive workshop designed to help you explore, define, and amplify your authenticity. We will learn how self-exploration, brand building, digital presence, network, and feedback provide insight to create a compelling personal brand that centers your unapologetic and authentic self!

Register at [ywcanen.org/coffee-conversations](https://ywcanen.org/coffee-conversations)



# Free Domestic Violence Awareness Month Events



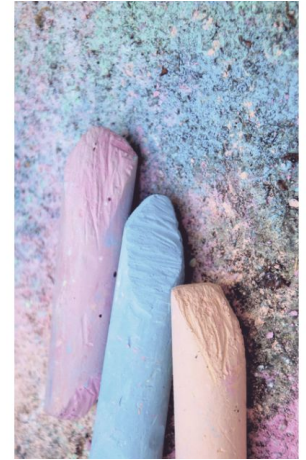
## Flowers on the River

Tuesday, October 3rd from 6-7pm  
Wells Street Bridge



## Chalk it Up

Wednesday, October 11th from 11am-2pm  
816 Pint & Slice

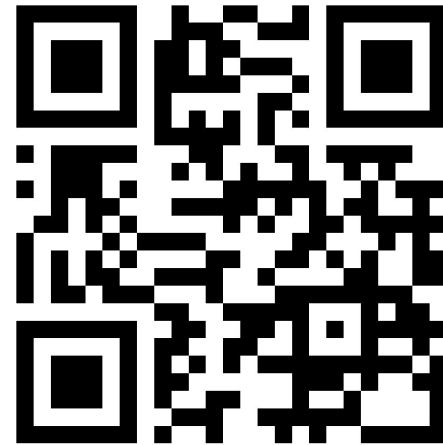


Learn more and register at [ywca<sup>ne</sup>in.org/dvam](https://www.ywcanein.org/dvam)

# Register now for our 27th annual Circle event



Seasons of Abuse  
October 19th from 11:30am-1pm  
In the Diamond Room at Ceruti's  
Catering



[ywcanein.org/circle](https://ywcanein.org/circle)

# Changing the World, One Message at a Time



There is power in words. You have the power to make someone else's day special by giving them this card.

At the same time, you have an opportunity to make the lives of the clients we serve better with a donation.



For \$5, you can receive one of the cards to give to someone. For \$20, you can receive a bundle of 5 cards.

# Please donate to support our work!



YWCA Northeast Indiana is a nonprofit organization, funded by generous donors like you. Donations fund our life-changing programs as well as our community events so that we are able to offer these for free. Please consider a gift today.

Every dollar matters.

**eliminating racism  
empowering women**

**ywca**

**Northeast Indiana**