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June 2023

June 8 Event Videos and Resources Now Available

[Watch](#) videos from the June 8 virtual gathering, where we celebrated ways to support each other and create safe, inviting and welcoming workspaces. Check out our [Padlet](#) site for more resources and information.

WFC Needs Your Support

WFC is truly a grassroots effort. We were formed by women in the for-profit, non-profit, public agency, and academic sectors from varying backgrounds and diverse perspectives. And we are committed to continuing.

Your financial support is needed and critical to continue the momentum. Your immediate support will directly support and ensure the continued success of the Women's Forest Congress movement. Throughout 2023, the Women's Forest Congress will engage and act upon the [Declaration and 10 resolutions](#) from the October 2022 event. Specific activities will include but are not limited to WFC strategic engagement and operations, ongoing communications and marketing, quarterly virtual gatherings, and supporting the volunteer-led Steering Committee, Advisory Council, and Working Groups, as well as the overall movement to position and learn from women as leaders in the forest community.

you or your organization is interested in supporting the Congress, especially in this time of transition, check out our [sponsorship prospectus](#), [donate](#) today or [reach out](#) to us.

We'd also like celebrate and acknowledge American Forest & Paper Association (AF&PA) for being our latest returning sponsor this year! Thank you for your continued support.

WFC Leadership Update

The WFC Steering Committee and Advisory Council had the honor of reviewing 39 applications for the three open Steering Committee seats and three open Advisory Council seats. Final considerations are underway, and we hope to notify applicants of the final decisions later this month. Given the caliber and passion of each candidate, the final choices will not be easy, and we have been moved by the talent and energy within our community.

WFC is very grateful for the applicants and their willingness to serve, which is a testament to this dedicated and generous community.

WFC Blog

This month we feature a [blog](#) by Neha Kunte, President and CEO of MNK Infotech. Neha shares more on **“resiliency, leadership and belonging at the Women’s Forest Congress.”**

Be sure to check out our full suite of [WFC blogs](#). And if you’re interested in being a guest blogger, please [let us know](#). We are particularly interested in individuals and organizations who can share how they are living out the WFC Declaration’s 10 resolutions, either in part or in whole.

WFC Resolution of the Month

Throughout 2023, the WFC will feature a “Resolution of the Month.” Throughout June, we’re featuring Resolution #6 - **CREATE a safe, inviting, and welcoming workspace for all resulting in greater wellness, increased retention, higher productivity, improved creativity, and heart-centered decision-making.** [Check out](#) the WFC Declaration to learn how the Women’s Forest Congress seeks to build supportive workplace systems and environments. Does your organization have an example of how they are living out this resolution? We’d love

Fun Fact of the Month

During WFC's June 8th virtual gathering, we heard how individuals and organizations can incorporate mindfulness into their workplaces. One recommendation was taking "brain breaks" throughout the day, which can help you recharge and refocus. Check out this [article](#) on the benefits of breaks during the workday and how to do it effectively. Like the article says, **"Counter to the popular narrative of working long work hours, our research suggests that taking breaks within work hours not only does not detract from performance but can help boost it."** You can't pour from an empty cup, folks!

Want to take your breaks a step further? Try catnaps to "spark creativity." [Researchers](#) at MIT and Harvard University "found evidence that the brief period when drifting off to sleep may be a sweet spot for dreams that facilitate creative thinking and problem solving." Before trying this on the job, please check with your supervisor to ensure they know why you're sleeping at your desk or in your work truck! 😊

THERE IS A NEED - ARGUABLY TODAY MORE THAN EVER - FOR DIVERSE PERSPECTIVES TO HELP ENSURE THE HEALTH AND FUTURE OF FORESTS.

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