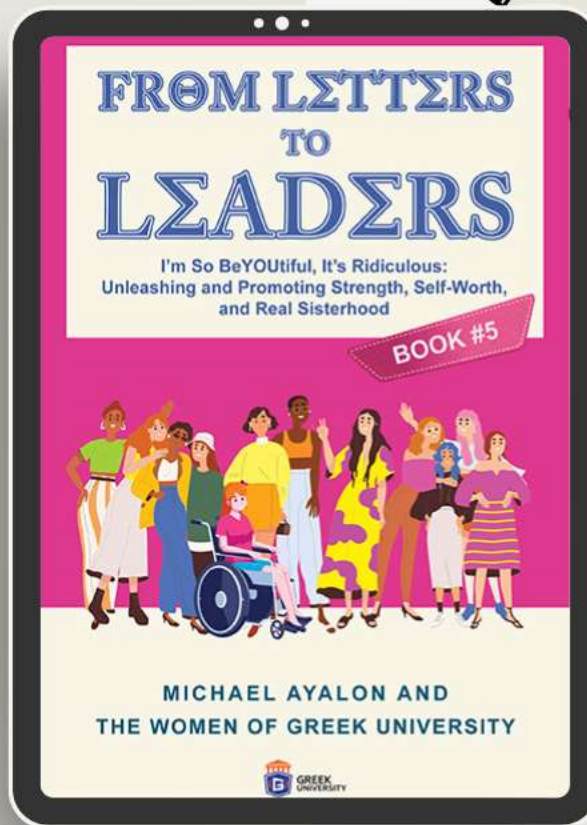




GREEK
UNIVERSITY

facilitation guide



FOR FRATERNITY AND SORORITY
CHAPTERS, COUNCILS, & COMMUNITIES

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Facilitation Guide for *From Letters to Leaders*:

I'm So BeYOUtiful, It's Ridiculous: Unleashing and Promoting Strength, Self-Worth, and Real Sisterhood

A Companion for FSL Educators, Chapter Advisors, and Headquarters Staff

Introduction – The Journey Begins: Embracing the Sisterhood and Your Potential

Dr. Michael Ayalon

Learning Objectives

- Introduce the purpose of self-discovery, confidence, and sisterhood.
- Reflect on how sorority membership can be a foundation for empowerment.
- Inspire members to view this book as a toolkit for growth and balance.

Summary

The introduction sets the tone for an authentic exploration of womanhood, leadership, and community. Students are invited to celebrate both their individuality and their collective strength. The message: your letters are not a label — they're a launchpad for becoming your best self.

Discussion Questions

1. What does sisterhood mean to you personally?
2. How has your sorority experience shaped your self-confidence so far?
3. Why do you think women often struggle to see their own worth?
4. How can a chapter culture support self-love and empowerment?
5. What does “unleashing your potential” look like for you?

Activity

- *Sisterhood Circle*: In small groups, members share one personal strength and one area of growth. Teammates affirm what they see as that person's superpower.

Values Connection

- Sisterhood begins with seeing and celebrating the light in others — a cornerstone of every Ritual.

Action Step

- Write one affirmation describing who you are becoming because of your sorority experience. Post it where you'll see it daily.

Chapter 1: The Foundation of Self-Love — Accepting Yourself Without Conditions

Brandy Wilson Edwards

Learning Objectives

- Understand self-love as the foundation for emotional wellness and leadership.
- Explore barriers that prevent unconditional self-acceptance.
- Learn daily habits that promote self-compassion.

Summary

Brandy Wilson Edwards reminds readers that self-love is not vanity — it's vitality. Loving yourself unconditionally creates the confidence to lead, love others, and live authentically. When sorority women embrace self-compassion, they model emotional intelligence and strength.

Discussion Questions

1. How does self-love differ from self-confidence?
2. What external pressures make self-acceptance difficult?
3. How do your thoughts and language influence your self-image?
4. How can your chapter normalize talking about self-worth?
5. What practices help you show yourself grace on difficult days?

Activity

- *Mirror Messages:* Write three affirmations on sticky notes (e.g., “I am enough,” “I am resilient”) and place them where you'll see them each morning.

Values Connection

- Loving yourself fully allows you to serve others fully — the heart of sorority sisterhood.

Action Step

- Start a weekly “Self-Love Sunday” check-in in your chapter GroupMe or meeting to share encouragement.

Chapter 2: Positive Self-Talk and Affirmations — Rewriting Your Inner Dialogue

Ms. Tish Norman

Learning Objectives

- Identify negative self-talk patterns and their origins.
- Practice reframing self-criticism into empowering language.
- Create personal affirmations aligned with goals and values.

Summary

Ms. Norman helps women recognize that the most powerful voice in their life is their own. The way we talk to ourselves determines our confidence, motivation, and mindset. Through intentional self-talk, sorority members can strengthen both their internal and external leadership voices.

Discussion Questions

1. What are some common phrases you say to yourself under stress?
2. How does your inner dialogue change your behavior or confidence?
3. What role does gratitude play in positive thinking?
4. How can your chapter promote encouraging language among sisters?
5. What affirmation inspires you most right now?

Activity

- *Reframe Challenge*: Each member writes one negative thought they've had recently and rewrites it as an empowering statement.

Values Connection

- Speaking with kindness — even to yourself — reflects the love and respect that Greek values uphold.

Action Step

- Create a chapter “Affirmation Wall” where sisters anonymously post positive messages weekly.

Chapter 3: Prioritizing Mental Health — Recognizing the Signs and How to Talk About Them

Brittany Richmond

Learning Objectives

- Recognize early signs of mental health challenges.
- Reduce stigma by normalizing open dialogue about well-being.
- Identify campus and community resources for support.

Summary

Brittany Richmond encourages women to see mental health care as a sign of strength, not weakness. Sorority members can play a crucial role in building communities where vulnerability is met with compassion and where asking for help is celebrated.

Discussion Questions

1. Why is it important to talk openly about mental health in your chapter?
2. What signs might indicate a sister is struggling?
3. How can leaders respond compassionately to someone in crisis?
4. How does self-care differ from avoidance?
5. What systems can your chapter create for regular mental-health check-ins?

Activity

- *Wellness Mapping*: Each participant lists three coping strategies that help them recharge and shares one resource available on campus.

Values Connection

- Caring for each other's mental well-being embodies the promise of lifelong sisterhood.

Action Step

- Partner with your campus counseling center to host a “Mindful Monday” discussion each semester.

Chapter 4: Can I Have It All? — Balancing Academics, Work, and Sorority Life

Bailie White

Learning Objectives

- Identify competing priorities and set healthy boundaries.
- Learn time-management strategies for busy seasons.
- Challenge the myth of “having it all” simultaneously.

Summary

Bailie White explores the pressure women feel to excel in every area — academics, leadership, relationships, and appearance. True balance means aligning priorities, not perfection. By learning to say no to distractions, students can say yes to what matters most.

Discussion Questions

1. What does “balance” really mean for you this semester?
2. How do you manage competing demands on your time?
3. What boundaries protect your mental and emotional health?
4. How can your sisters support your academic or career goals?
5. What does rest look like for you?

Activity

- *Priority Pyramid*: Members list their top five commitments and arrange them in order of importance. Discuss what adjustments could reduce stress.

Values Connection

- Discipline and balance mirror the focus and perseverance central to Greek life.

Action Step

- Create an academic accountability group to study together and track weekly progress.

Chapter 5: Leaning on Your Sisters — The Power of Community and Friendship

Erica Music

Learning Objectives

- Understand the importance of authentic connection and vulnerability.
- Learn to give and receive support during difficult times.
- Strengthen trust and empathy within sisterhood.

Summary

Erica Music reminds students that true friendship isn't about perfection — it's about presence. Leaning on sisters builds emotional safety, confidence, and unity. Healthy community is the foundation for collective success.

Discussion Questions

1. When was the last time you truly leaned on your sisters?
2. How does vulnerability deepen relationships?
3. What are barriers to asking for help?
4. How can your chapter create a culture of genuine connection?
5. How can forgiveness play a role in lasting friendship?

Activity

- *Circle of Trust:* Sit in a circle and share one challenge you're facing. Others respond only with encouragement — no advice, just empathy.

Values Connection

- Love and loyalty are lived through shared vulnerability and mutual support.

Action Step

- Establish a "Sister Support Network" where members can confidentially check in on each other weekly.

Chapter 6: Using AI to Help with Productivity and Time Management

Ben Gold

Learning Objectives

- Explore how technology can enhance organization and efficiency.
- Learn ethical and effective uses of AI tools for student success.
- Practice time-saving strategies that reduce burnout.

Summary

Ben Gold introduces ways students can use artificial intelligence tools responsibly to plan schedules, summarize notes, or brainstorm ideas. When used ethically, AI can free up mental space for self-care and creativity.

Discussion Questions

1. What daily tasks could AI help simplify for you?
2. How can you ensure ethical and responsible use of technology?
3. What are the risks of overreliance on digital tools?
4. How can AI improve chapter management or event planning?
5. How can technology support balance and well-being?

Activity

- *Tech Toolbox*: Members research and share one app or AI tool that has improved their focus, productivity, or mental health.

Values Connection

- Innovation and adaptability honor the fraternal value of lifelong learning.

Action Step

- Encourage chapter officers to explore one AI-based planning tool for chapter or academic scheduling this semester.

Chapter 7: Friendship Redefined — Loving and Being Loved for Who You Truly Are

Sarah Callazzo

Learning Objectives

- Explore authentic friendship rooted in acceptance and honesty.
- Recognize the importance of boundaries and emotional safety.
- Reflect on how self-awareness strengthens sisterhood.

Summary

Sarah Callazzo redefines friendship as mutual respect, vulnerability, and growth. True friends see each other as whole — celebrating triumphs and offering grace through struggles. In sorority life, healthy friendships model the love and accountability the Ritual calls for.

Discussion Questions

1. What qualities make you feel safe and valued in a friendship?
2. How can honesty strengthen your sisterhood bonds?
3. What does healthy confrontation look like between friends?
4. How do boundaries make relationships stronger, not weaker?
5. How can you encourage authenticity within your chapter?

Activity

- *Sister Spotlight*: Each member writes one anonymous note celebrating a sister's authenticity or kindness. Share aloud or collect in a communal basket.

Values Connection

- Brotherhood and sisterhood thrive when members practice unconditional love grounded in respect and truth.

Action Step

- Host a “Real Talk Night” where sisters share personal stories of growth and friendship in a supportive environment.

Chapter 8: Daily Mindfulness and Meditation — Finding Calm in Chaos

Ms. Tish Norman

Learning Objectives

- Understand mindfulness as a tool for stress management and clarity.
- Practice simple breathing and grounding exercises.
- Build daily routines that promote peace and focus.

Summary

Ms. Norman introduces mindfulness as an anchor in a fast-paced world. With academic pressures and constant digital distractions, learning to pause, breathe, and be present helps sorority women reconnect with purpose and patience.

Discussion Questions

1. How do you typically handle stress or overwhelm?
2. What barriers make mindfulness difficult for college students?
3. How can group mindfulness strengthen chapter culture?
4. What does being “present” mean in leadership or sisterhood?
5. How might practicing calm help you manage conflict more effectively?

Activity

- *Five-Minute Mindful Moment:* Begin or end your meeting with a guided breathing exercise or meditation using an app or short script.

Values Connection

- Stillness, reflection, and inner peace align with the spiritual and emotional growth your Ritual encourages.

Action Step

- Incorporate mindfulness breaks at the start of every chapter or executive board meeting.

Chapter 9: Rising Strong — Cultivating a Resilience-Building Growth Mindset

Maria Maldonado Smith

Learning Objectives

- Define resilience and how it develops through challenges.
- Embrace failure as part of growth and self-discovery.
- Learn to support others in bouncing back from setbacks.

Summary

Maria Maldonado Smith empowers readers to see resilience as a muscle strengthened by struggle. With each obstacle comes the opportunity to rise stronger, wiser, and more self-aware. She challenges women to replace perfectionism with perseverance.

Discussion Questions

1. What challenge in your life has shaped your strength?
2. How does a growth mindset help you overcome self-doubt?
3. What role does your sisterhood play in resilience?
4. How can your chapter normalize failure as a learning process?
5. What daily habits can help you recover from stress faster?

Activity

- *Bounce-Back Story*: Each member shares a time they overcame adversity and the lesson learned. Discuss how resilience shaped their character.

Values Connection

- Perseverance reflects the courage and tenacity expected of true leaders.

Action Step

- Create a “Resilience Wall” in your chapter house or virtual group where sisters share uplifting quotes or comeback stories.

Chapter 10: Accountability as Love

Carlin Conaway

Learning Objectives

- Redefine accountability as an act of care, not control.
- Develop skills for honest, empathetic conversations.
- Foster a culture of mutual responsibility within sisterhood.

Summary

Carlin Conaway reframes accountability as a radical expression of love. Holding one another to high standards shows that we believe in each other's potential. Chapters thrive when members challenge each other kindly and consistently.

Discussion Questions

1. What does accountability look like when done with compassion?
2. Why is it sometimes difficult to hold friends accountable?
3. How can you separate judgment from concern?
4. How does accountability strengthen trust?
5. What accountability traditions already exist in your organization?

Activity

- *Courageous Conversations*: In pairs, members discuss one area where they want accountability and brainstorm how sisters can support them.

Values Connection

- Real love requires honesty and courage — hallmarks of every sorority's core values.

Action Step

- Create "Accountability Partners" within the chapter for personal, academic, or leadership goals.

Chapter 11: Thriving in School — Balancing Academic Excellence with Mental Well-Being

Jen Ruiz

Learning Objectives

- Learn strategies for academic success without burnout.
- Balance ambition with rest and emotional care.
- Foster a supportive academic culture in the chapter.

Summary

Jen Ruiz reminds sorority women that excellence isn't about overexertion — it's about sustainability. True success means excelling in class while maintaining mental and emotional health. Chapters can cultivate an environment that prioritizes both GPA and grace.

Discussion Questions

1. How does your chapter currently support academic success?
2. What habits help you focus and manage stress?
3. How can you redefine success beyond grades?
4. How does burnout show up in college life?
5. How can your sisters encourage healthy balance?

Activity

- *Study Strategy Swap*: Members share one study or stress-management technique that's helped them succeed.

Values Connection

- Striving for excellence in all areas — academic, personal, and ethical — reflects the ideals of your organization's Ritual.

Action Step

- Launch a "Sisters Who Study" initiative pairing high-performing upperclassmen with new members for mentoring.

Chapter 12: Unique and Unapologetic — How to Own Your Authenticity in College and Beyond

Priscilla María Gutiérrez

Learning Objectives

- Embrace individuality as a source of strength and belonging.
- Overcome comparison and imposter syndrome.
- Inspire confidence through authenticity and vulnerability.

Summary

Priscilla María Gutiérrez empowers women to celebrate what makes them different. Authenticity draws people in and inspires others to do the same. Chapters thrive when every member feels safe to be her full self without fear of judgment.

Discussion Questions

1. When do you feel most like your authentic self?
2. What pressures make authenticity difficult in college?
3. How can chapters create space for diverse expressions of identity?
4. How does comparison limit growth and confidence?
5. What does it mean to be “unapologetically you”?

Activity

- *Authenticity Collage*: Members create a visual or digital collage that represents who they are — passions, strengths, quirks, and dreams — and share their reflections.

Values Connection

- Authenticity honors truth and individuality — essential to meaningful sisterhood.

Action Step

- Begin meetings with “Authenticity Moments,” where members share one thing they’re proud of or learning about themselves.

Chapter 13: Leadership and Personal Growth — Leading with Purpose

Maria Maldonado Smith

Learning Objectives

- Define leadership as service and influence, not authority.
- Discover how purpose-driven leadership inspires others.
- Learn how reflection fuels personal and chapter growth.

Summary

Maria Maldonado Smith shows that effective leaders lead from within. Purpose, empathy, and resilience create lasting impact. When women lead with authenticity and clarity, they elevate both their sisters and themselves.

Discussion Questions

1. What motivates you to lead?
2. How does purpose change your approach to leadership?
3. How can vulnerability make leaders more relatable?
4. How can your chapter empower more women to step up as leaders?
5. What does growth-centered leadership look like day-to-day?

Activity

- *Leadership Vision Exercise:* Members write their leadership philosophy in one sentence and share it aloud.

Values Connection

- Leadership rooted in service and empathy aligns with the highest ideals of Greek life.

Action Step

- Encourage officers to journal monthly reflections on how they are leading with purpose and authenticity.

Chapter 14: Reflection and Moving Forward — Celebrating What Has Been, Planning for What Will Be

Bailie White

Learning Objectives

- Reflect on personal and chapter growth over the past year.
- Celebrate accomplishments and lessons learned.
- Set meaningful intentions for continued improvement.

Summary

Bailie White guides students through reflection as both closure and a springboard for growth. Recognizing milestones — even small ones — builds gratitude, motivation, and community pride. Reflection helps women move forward with purpose and clarity.

Discussion Questions

1. What has been your biggest area of growth this year?
2. How have your sisters contributed to your success?
3. What challenges taught you the most?
4. What do you want your chapter's legacy to be next year?
5. How can gratitude strengthen your group moving forward?

Activity

- *Letter of Gratitude:* Write a thank-you note to a sister who impacted your life this year. Share (with permission) at the next meeting.

Values Connection

- Gratitude and reflection are vital rituals of renewal that honor your shared journey.

Action Step

- Host an annual “Reflections Night” at semester’s end to celebrate growth and set intentions for the next term.

Chapter 15: Conclusion – Continuing the Journey: Empowering Yourself and Others Beyond College

Dr. Kim E. Bullington

Learning Objectives

- Recognize sorority membership as lifelong empowerment.
- Commit to mentoring and uplifting the next generation.
- Carry confidence, compassion, and courage into life beyond campus.

Summary

Dr. Kim Bullington closes by reminding women that sisterhood is forever — not bound by chapter walls or graduation dates. The lessons of empathy, resilience, and leadership learned in Greek life will continue to guide and strengthen them through every chapter of life.

Discussion Questions

1. How will you carry sisterhood into your post-college life?
2. What does empowerment look like for you now?
3. How can you continue growing and giving back?
4. How can mentorship shape the future of your organization?
5. What does it mean to “live your letters” after graduation?

Activity

- *Legacy Workshop*: Members identify one way they will stay involved — whether as mentors, donors, or volunteers — and share their commitments.

Values Connection

- Lifelong loyalty, friendship, and service define sorority womanhood.

Action Step

- Create a digital “Legacy List” of alumnae connections and opportunities for ongoing engagement after graduation.

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