



Delta Gamma
1873

Be Her Champion: Hearts Behind the Anchor

RECRUITMENT PREP WEEK

Delta Gamma is committed to a Culture of Care, a culture that fosters support to members through all life's experiences by keeping care at the center of all our actions and decisions. As part of Delta Gamma's Culture of Care the Fraternity created Be Her Champion as a reminder to emulate care in daily interactions, remember the importance of self care, and to reduce the stigma of asking and talking about emotional health. Hearts Behind the Anchor is an extension of Be Her Champion to provide you with an opportunity to reflect on what your personal best looks like and what you need from others when you are not at your best.

Hearts Behind the Anchor is an opportunity to reflect on the importance of care and what it means for each of us. Everyone's need and openness to care will be different. What works for you might not work for your sister. We hope this time will provide an opportunity for sisters to reflect on what their personal best looks like and what they need from others when they are not at their best.

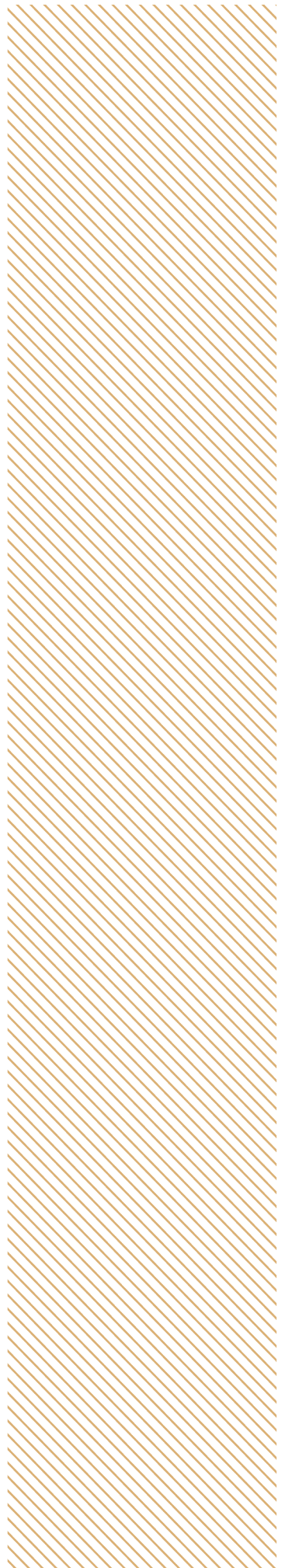
Recruitment Preparation Week is a week sisters will be spending a lot of time together. A week sisters might need additional support and care, as well as a week many sisters might hide their feelings, struggles and worries behind their recruitment smiles. These questions can take a lot of courage to answer. They will require members to be vulnerable and share what they need from one another to be your sister's champion.

This activity will work best in small groups no smaller than four and no larger than eight. We encourage you to split the chapter into small groups randomly. Each group needs to be a whole representation of the chapter and not a particular member class. Here is some information you can use to introduce the activity to the chapter:

"Today we are going to focus on care, most importantly self care. Today's activity is an opportunity to reflect on what care means to each of us. I hope this time will provide us an opportunity as sisters to reflect on what our personal best looks like and what we need from others when we are not at our best.

We are going to split up in groups of ____ and answer a few questions about what care looks like for each of us. I invite you to be vulnerable, to have the courage to share what you need from your sisters, and to be your sister's champion. As we engage in these conversations, let's not forget the Oath our Founders crafted in 1873 and is at the center of our Delta Gamma membership. Beyond caring for others, we know it is important to care for ourselves."

*For more information or questions, please contact the Fraternity director:
programming, at programming@deltagamma.org.*



Be Her Champion: Hearts Behind the Anchor

Take turns finishing the following statements:

I am at my best when

I don't do well when others

Others can tell I am struggling when

The past year of life I learned

Delta Gamma helps me by