

LeaderImpact Podcast Ep. 4 Arlene Jorgenson

Show Notes

- Involved in mentoring and teaching opportunities.
- Do you think what has happened to you just isn't fair?
 - Yes. She was too young to be a widow, too young to retire. Grieving the death of her husband.
 - But once the initial anger and denial wore off she was grateful about her circumstances and learned from them.

Be grateful for your circumstances and what you can learn from them.

- What was mentorship for women like 30 years ago?
 - Nonexistent! She felt alone and had bad experiences with people who she thought were there to help her.
 - Had to develop thick skin.
 - Around 2000 attitudes towards women in business started to change.
- What adversities do women face today?
 - Same things, but not necessarily to the same degree. Still struggling with the same thoughts and insecurities, but there are more voices to help women. There are books written by women for women. More inclusion, more services for women. Questions are the same, but the answers are easier to find.
- Did women take a step back in COVID?
 - Generally, women were forced to take a step back. Women in healthcare did not have to take a step back.
 - Has caused women and men to evaluate what they want for their lives. The Great Resignation. People are aligning their lives with their values.
 - Arlene had a shift in identity when she sold her business. She was surprised by how much her work defined her identity.
- What else has been hard since leaving the business world?
 - She knew lots of people in business who became friends and colleagues. Now they were no longer talking about business, but about their personal lives.

It is OK if you find yourself exhausted...Adversity sucks the energy out of us.

- Ways that Arlene has pushed through adversity.

- When adversity happens our functioning level can decrease. Concentrate on looking after yourself instead of just focusing on your to-do list.
- But this will pass! It will either be gone or it won't be as overwhelming.
- You need to find the energy with people who give you energy. And when it is someone else's turn to go through adversity, you give them energy.
- Adversity happens to all of us, so we need to help each other.

Make sure you surround yourself with positive people!

- Arlene's spiritual life.
 - Had a neighbor who would take her to Sunday school starting when she was 2 years old. Would take her to other church functions.
 - Made a commitment to follow Jesus when she was 8 years old.
 - Had friends and was involved in Christian movements at university.
 - Her faith helps ground her and provides a framework on how to view the world and her circumstances. Her faith in God gives her strength and resilience.
- What does it look like to commit your life to God at 8 years old?
 - An acknowledgment of wanting to live her life for God. For her to live a life for God she needed to commit her life to him.
- How did you become involved with LeaderImpact?
 - Became involved through Nathan and Judy Hildebrandt, who are founders. Arlene and Judy grew up together and have been good friends of theirs and have been involved in their ministry ever since university.
- How did you bring your faith into your professional life?
 - When Arlene started, she thought it was something she did, but soon realized that it is who she is.
 - People saw Arlene's values and actions and knew that she had a faith.
 - Live a fully integrated and authentic life. There isn't an off/on switch to your life.
- What do you want your faith legacy to be?
 - She is working on this through a master's class she is taking.
 - She is taking the class for her personal benefit.
- What brings you the greatest joy?
 - Being involved with positive people. Has a crafting and quilting group. She is a chaplain with the University of Saskatchewan Huskies women's hockey team.
 - Teaching and mentoring.
 - Being with family.
 - We need to be intentional about connecting with the people we love.

We are not alone in our adversity!