

INSPIRATION FROM EVERYDAY CHANGEMAKERS

2023

Change your mindset.

Achieve your goals.

Make an impact

Connect internationally.



TODAY is
the **DAY**

CONNECT. COLLABORATE. CREATE. INSPIRE.

**Gratitude: The quality of being thankful;
Readiness to show appreciation for and to return kindness.**

The internet states the definition of gratitude is: **the quality of being thankful; readiness to show appreciation for and to return kindness.** When thinking about how the Today is the Day Changemakers Podcast and Forum started and where it is today, I realize that I could never truly have put this connective movement together without the help of changemakers from around the world, my mentors, and those who have decided to make a contribution and share their words of inspiration and knowledge in the following pages. I could never truly share the enormous gratitude I have for all of the everyday changemakers around the world who get up in the morning and make a decision to live outside their comfort zone and do what they need to do to disrupt the status quo in the most positive way possible.

You are an everyday changemaker! Do you think of yourself that way? You have the power to make someone smile. You have the power to make someone feel heard. You have the power to make a difference in all that you do. Some days you may be the changemaker in someone else's life, while other days you may need a changemaker to help you with something in yours. How amazing is it that we have such an opportunity?

When was the last time you shared with someone how grateful you were for their kindness? In this fast-paced world it is common to forget about the importance of gratitude and instead focus on the absence of the things we do not have. Every day, we have the opportunity to reset and reinvent ourselves. It is a choice and the decision is up to each one of us individually.

When was the last time you looked up at the sky, took a deep breath in and were grateful for its beauty?

When was the last time you heard a bird sing and really paid attention to the beautiful sound that this creature was sharing with you?

In business, when was the last time you met someone and really appreciated who they were as a connection as opposed to what they may or may not be able to help you with for your business? We take so many things for granted in life. Thinking that all of these things are expected instead of relishing in the fact that they even exist.

Today is the Day Changemakers was created to help more people connect authentically. The goal continues to be to bring like-minded,

heart-centered people together to shed their "A" game of armor and allow themselves to bring their "A" game of authenticity. By doing so the connections are deepened. The one thing that is even more unique about the Changemakers community is how it goes beyond borders and boundaries of countries and states, it's universal.

I hope that you continue to follow all that we are doing to strengthen and bring this connective community together more often. Please use the following pages as a way to connect better with yourself. Changemakers took the time to share what encourages them. When you are having a day that may seem a bit challenging flip through, stop on a page that feels right for you, and read it as a message that you are supposed to connect with.

If you have something you would like to share in the next edition, **please email: jodi@todayisthedayliveit.com.**

Remember, today is the day. You cannot go back to yesterday and you do not yet own tomorrow.

All the best,

Jodi

Click on the links below to connect with us:

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You Tube:

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Podcast:

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Podcast Host

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TODAY IS THE DAY CHANGEMAKERS WAS CREATED TO HELP MORE PEOPLE CONNECT AUTHENTICALLY. THE GOAL CONTINUES TO BE TO BRING LIKE-MINDED, HEART-CENTERED PEOPLE TOGETHER TO SHED THEIR "A" GAME OF ARMOR AND ALLOW THEMSELVES TO BRING THEIR "A" GAME OF AUTHENTICITY.

Learn about the Today is the Day Changemakers Inspire Change Honoree Fred Wasiak, President & CEO, Food Bank of South Jersey



During the most significant increase in food insecurity in more than a decade, President & CEO Fred C. Wasiak led the Food Bank of South Jersey. The Food

Bank, which serves four counties and 58 communities, doubled in size since the beginning of the pandemic, from the number of employees to the neighbors served each month – all in response to the growing need.

Then, as the needs in South Jersey changed and evolved, so did the Food Bank's operational capacity. Wasiak and his leadership team oversaw health and safety protocols, as well as remote work, to ensure the Food Banks' culture of belonging continued.

This also included ongoing and essential organizational strategies for diversity, equity, and inclusion. The Food Bank quickly adapted logistics and warehouse operations to pivot 30 mobile distribution sites and 205 pantries to COVID-19 safe operations and shift nutrition education from in-person to remote operations to serve thousands remotely.

Additionally, Wasiak was able to lean on his high-performing leadership team and board to expand stakeholder partnerships, ensure compliance with bylaws and stability during changes in leadership, and spearheaded a Real-Time strategic plan – all while bolstering staff retention and resilience by emphasizing self-care, mindfulness, and emotional intelligence.

The Food Bank's leadership created a culture of philanthropy and built an infrastructure to process, grow, and steward a combination of public support, institutional giving, and government grants over the course of three years. Wasiak oversaw sustainable fiscal initiatives, including paying off debt, securing a four-month operating reserve, and initiating a sustainability fund. Further, a collaborative

advocacy strategy was established with other New Jersey food banks, resulting in more than \$125 million in federal and state funding to the food banks.

Wasiak acts as a spokesperson for the Food Bank of South Jersey and has spoken on numerous panels hosted by elected officials and others. He was honored as Executive of the Year by South Jersey Biz in 2019; the Senator Walter Rand Institute for Public Affairs South Jerseyan of the Year in the Nonprofit Sector in 2021; South Jersey Biz's Power 50 Most Influential Professionals in South Jersey, also in 2021; and, now, one of South Jersey Magazine's 2022 Men of the Year.

Over the years, Wasiak has served on the board of directors for numerous nonprofit organizations. Recently, he served as the President of the Medford-Vincentown Rotary Club, which adopted a mobile pantry to serve a local community every week during 2022.

Prior to joining the Food Bank in 2018, Wasiak was owner/principal of Humanics Consulting, where he provided consulting, training, coaching and development services for board, staff, and nonprofit organizations. He also served 27 years in several YMCAs – spanning from New York to New Jersey as a program director to CEO – and worked for Goodwill Industries of New Jersey and Philadelphia, initiating their community development program.

Wasiak holds a Master of Science degree in Human Services with a concentration in Organizational Management/Leadership from Springfield College, and a Bachelor of Science degree from Niagara University. He resides in South Jersey with his wife, Betsy; they have three wonderful children, one fantastic daughter-in-law, one awesome son-in-law, and one phenomenal grandson.

The Gentle Disruptor

The movie *A Beautiful Day in the Neighborhood*, the bio-pic about Mr. Fred Rogers starring Tom Hanks, was released in 2019, a year after I began working with the 2023 Inspire Change Award honoree, Fred Wasiak at the Food Bank of South Jersey. In the movie, there's a scene where Mr. Rogers stops the taping of his children's show to enthusiastically welcome journalist Lloyd Vogel to the set, disrupting the production plan but delighting the jaded reporter. I will always remember at that point in the theater, I leaned forward in my chair and whispered to my husband incredulously, "I am working for Mr. Rogers! Fred would TOTALLY do that! Fred Wasiak IS Mr. Rogers!"

Of course, that is an exaggeration, but there are several key similarities:

- By all reports, Fred Rogers had an innate ability to make every person he spoke to, whether through the tv, or in person, feel that they were the most important person he would speak to all day – and Fred Wasiak shares the same quality. Whether you are a high-ranking politician, a person dropping off your food donation, a new employee or a neighbor receiving food at a distribution, Fred will introduce himself, ask about you, find a way to connect, and you will leave knowing you have had a special experience.
- Fred Rogers - quiet, unassuming Mr. Rogers - was a fierce advocate in the fight for appropriate, educational and nurturing children's programming and ended up transforming the industry. Similarly, upon meeting Fred Wasiak, you may think he is the most easygoing gentleman you will ever meet, but you should know – beneath his quiet exterior lies an unyielding determination to make the Food Bank of South Jersey a better organization, to end food-insecurity in the four counties that we serve, and to eventually End the Line and eradicate hunger. This ability to firmly stay true to his course and continuously challenge our staff to be extraordinary,

all while sporting a charming smile and a handshake, has earned him the coveted nickname "The Gentle Disruptor."

- I, and many others, learned a great deal about kindness and believing in ourselves from Mr. Rogers. There is a generation of adults who believe that Mr. Rogers inspired them to be who they are today, sharing that same compassion and caring for others that they learned as children. The "other" Fred – Wasiak – has taught me, and many other employees, board members, and community colleagues an enormous amount about important leadership qualities such as Emotional Intelligence, Mindfulness, and the critical need to be present and to let every voice be heard. In the process, Fred Wasiak has led the transformation of the culture of the Food Bank of South Jersey in the past four years. We are a more welcoming and inclusive organization, but perhaps most importantly, we are more effective and impactful in the fight against hunger in South Jersey. Fred Wasiak is a natural leader who brings out the best in his staff while continually working to make himself a better person.

"Fred Wasiak is a Changemaker who inspires others and makes a difference in the world around him. I, on behalf of the staff of the Food Bank of South Jersey, recognize and appreciate the qualities that have helped him to gently, but firmly, "disrupt" our organization and make us better together. All our congratulations, Fred, on this amazing award! Mr. Rogers would be proud."

Janet Kotsakis, Chief People Officer,
Food Bank of South Jersey



“When we look around the **world** and see injustice we need to take action. **We can't hesitate**, put it off or wait for someone else to take action. It doesn't have to be a giant, grand moment, just an **affirmative step** that moves us closer to a better world. That is how change happens.

People. Take. Action.”



MARK VALLI, Chief Executive Officer
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In his book, *How to Win Friends and Influence People*, Dale Carnegie stated “**that a person's name is to that person the sweetest and most important sound in any language.**”

Mark Sanborn, the author of the Fred Factor, said “**when you are in conversation with another person, you should be interested, not interesting.**”

How mindful are you when in the presence of another? Are you in tune with their whole being of spirit, mind, body, and heart? Do you hear what they are saying other than their words?

Your journey to success is all about building strong relationships. Whether you are leading people, an aspiring entrepreneur, or have the desire to impact social change, you inescapably will need trusting relationships. How are you showing up? I firmly believe, the key to accomplishing all this is simply to be present, and this begins with you.

Being present in the presence of another (*without judgement*), is a present; it is a gift, a gift of kindness. **Enjoy the journey!**



FRED WASIAK, President & CEO
Food Bank of South Jersey

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My Ten Life Lessons of Determination and Perseverance to Change Your Life

1. Accept responsibility for your life's actions and behaviors. We can go through life blaming others for our difficulties, or we can accept responsibility for doing something about who we are now and go forward with a more positive attitude.
2. Envision your future and develop a plan of action to achieve it. Perseverance is the steady persistence in a course of action, despite difficulties, obstacles or discouragement.
3. Be determined to succeed. Wanting something to change and making it happen are two different things. I knew that if I wanted to turn in my "mop and bucket" for the corner office, I had to work harder than anyone else.
4. Depression is not a character flaw, but the result of life trauma and biochemical flaws in your brain, it is a sign of strength to seek professional help and not a weakness. It is also highly treatable.
5. Develop the ability to love yourself so that you could genuinely love others. Self-love and selfishness, far from being identical, are actually opposites. Love thy neighbor as thyself implies respect and understanding of one's own self and cannot be separated from respect and love for another.
6. Emotional intelligence is the key to personal growth and happiness. Developing my EQ enabled me to build strong relationships, success at work, and achieve career and personal goals. Happy people are more likely to be successful, but not all successful people are happy.
7. Never lose faith, and always believe in yourself. The biggest difference between successful people and unsuccessful people isn't intelligence, opportunity, or resources. It is the belief that they can make their goals happen.
8. Mentors and friends are essential to achieving true success. I had to learn to trust others and ask for support. We all need to feel connected to others. No person can succeed as an island. Today, I never refuse a request from someone for my advice. It's my way of giving back and returning the favor.
9. Self-confidence is the key to achievements in life. Each small achievement leads to more self-confidence, continue to take small steps which will lead to larger steps. Self-confidence will grow with each step.
10. Your self-worth is not based on your income level, job title or size of your possessions. Happiness is learning to know who you really are in life as a person and not what you have.



Executive Search
Nonprofit Leadership
& Board Performance

DENNIS C. MILLER, Founder & Chairman
DCM Associates Inc.

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“I was drawn to this work and this organization because of our mission to bring awareness to and improve life for **ALICE** – those who are **Asset Limited, Income Constrained, and Employed**. They are often essential workers serving our communities while experiencing financial stress every day.

We use analytics and data to help drive impact and build local supports for ALICE families. I have the opportunity to work with a broader network of United Ways across the United States, while working on the ground to provide equitable solutions for ALICE.

In this sector, we innovate constantly and quickly- all with the goal of supporting our communities. No one can be innovative, opportunistic, and community-centered without a foundation of grace in the workplace. As leaders, we must give and seek grace.

Our teams must feel they may take risks, make mistakes, and know that their leadership and their colleagues will always have their back. And by working UNITED, we can equitable change in our communities.”



United Way
of Northern New Jersey

KIRAN HANDA GAUDIOSO, Chief Executive Officer
United Way of Northern New Jersey | United for ALICE

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“Mozart composed his first piece of music when he was 5 years old. Vera Wang opened her first bridal boutique when she was 40. Harland Sanders sold his first Kentucky Fried Chicken franchise when he was 65.

Some people find their success runway early in life, and they don't seem to break a sweat as they forge ahead! Other people move in fits and spurts, and at times, get lost along the way. Others hit obstacle after obstacle and struggle to course-correct year after year.

Life's timing is mysterious. But no matter how long it takes to arrive in the place that feels like home and among people who feel like your people, keep moving until you get there.

Remember, you know what it's like to be you better than anyone else. And only you can hear your inner voice of wisdom that tells you WHO you are, what you WANT to be and do, what you're BUILT to be and do, and what you're MEANT to be and do.

So, get quiet. And be still. Let your inner voice rise above the ones around you until you hear it and heed it. Look within for clues to the path that's right for you, and when you find those clues, follow them—whether you can see your destination or not. For along the way, momentum will deliver you the drive and courage to stay the course. It will generate **the incredible feeling of rightness**, which is an indisputable sensation of awareness and knowing that says: “This is where I belong!”

The incredible feeling of rightness makes a home in your gut, and pinks up your cheeks, and accelerates your heartbeat. It amplifies the courage to defy whatever or whoever is in your way. It grants you total access to all the ingredients that make you who you are, and it reminds you that the authority to blend and deliver them—however, whenever, wherever and to whomever you want—is yours and yours alone.

To the dreamers among you, I say **IMAGINE THE BEAUTIFUL AND THE IMPOSSIBLE**, because both are within reach.

To the mountain movers, I say **TO THINE OWN SELF BE TRUE**, because the price of resistance is high.

To the seekers, I say **FIND YOUR PEOPLE**, because they are out there, looking for you and waiting for you.

To the trailblazers, I say **MARCH TO THE BEAT OF YOUR OWN DRUM** because your music is beautiful.”



LISA MANYOKY, President
Presence Intelligence

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Your Midlife Reinvention Adventure

“The first thing I want you to know is that inside of you, you are “custom made”, for the life you feel and envision deep in your soul.

Are you feeling the need to reinvent, reassess, reevaluate your current life situation? Do you feel like you're not making progress towards your goals and passions? It's time to consider a midlife reinvention strategy! In today's constantly evolving world, it's important to assess where you stand in life. Whether you're in your 40s, 50s or even 60s and beyond. It is never too late to reinvent yourself and create a fun and fulfilling life that you love. The first step in your midlife reinvention strategy is to take a look at the “snap shot” of your life and look at it honestly and with no judgement of yourself, another person or circumstance.

Ask yourself, what makes your heart sing, what have you always wanted to do, but never had the time or resources for? It's time to explore those avenues and get excited about where they can take you.

Next, it's important to re-evaluate your current relationships and professional path. Are you happy with what you're doing? If not, what steps can you take to transition into something that aligns with your passions and interests? This might mean going back to school or seeking out new career opportunities. Beyond your work life, it's important to think about your health, vitality and well-being. This includes exercise, nutrition, and self-care. Taking care of yourself is essential to having the energy and drive to pursue your passions and make changes in your life.

Finally, it's important to surround yourself with positive and supportive people. Seek out those who can help you navigate your new, exciting and sometimes scary next steps with a coach or mentor while sharing your interests and passions and friends/family who will uplift and encourage you as you navigate this new journey.

In sum, a midlife reinvention strategy doesn't have to be overwhelming or intimidating. It's simply about taking the time to assess where you stand in life and making necessary changes to create a life that you truly love.

So go ahead, take that first step towards your new life, whether it be an inner shift or whole life reinvention today!”



Charlene Gorzela
MidLife Reinvention Coach & Mentor

CHARLENE GORZELA, Midlife Reinvention Coach & Mentor

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“**Today is just the start.** Change can happen anywhere, anytime. The lenses of the world can be far different, colored with or clouded by different experiences, beliefs and influences. But with the cohesion that people bring, with the weight that women and men shoulder and with the courage and compassion that people around the world dig deep in their souls to find, many people, of all ages, are changing the world every day.

As I read about the polarization and violence here and in many other places, I think about how contagious hate is, if the human life is outweighed by power and the authority of being right.

But isn't love just as contagious?

Many good people are trying to create pathways to better lives and access to education for others, particularly for the most vulnerable. And tapping into the perspectives of our youth can awaken parts of ourselves that have gone stale or covered in the sediment of life. I recall this past summer in Asbury Park how one child inspired me to work harder and reach outside my own comfort zone. Here I was, a good 40 years older than him, and I was learning from him? After swallowing a big gulp of pride, it was awesome, to say the least.

I learned that I need to listen even more. I've always been a pretty good listener, but probably mostly because I didn't like to speak up; filling the void with quiet time seemed like the safer choice. Now I listen with intention, with compassion, with no agenda. There's not always an answer. There's not always a solution. Sometimes people just need to know that they are being heard. It is time for us to see the world through the lens of many women and men, recognizing our differences and then embracing them.

It is time for us to remove our masks that hide our insecurities and accept our flaws as part of who we are.

We are all powerful right now, just as we are. It's time to tap into that.”



**HEATHER MISTRETTA, Owner, Pressing Releases
President, WAGE International**



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“We believe in the **power of women supporting other women.** Especially working in the STEM industry, where women are not always in leadership positions, it can feel very daunting to navigate our careers while also balancing responsibilities and expectations at home. But in the end, as women in an industry where we aren't well represented, it only takes one woman mentor who mentions our name when we are not in the room where decisions are made, to make a difference. That woman opens the door wide and leads other women to reach the opportunities that previously, were only considered big dreams and lofty goals. To the female mentors who came before us and opened that same door for us, thank you. To the women who will follow in our footsteps and go to accomplish even greater goals – keep your eyes open and get your shoes ready; **we are opening the door for you.**”

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Creating Change, One Breath at a Time

Being a Changemaker requires a willingness, and even a passion, to continue to improve and implement effective change. Sometimes that change is a small tweak and sometimes change needs to be transformational in order to meet evolving demands and opportunities.

Facing change is daunting for most of us and may be one of our biggest fears. We may believe personal change is admitting failure. However, personal growth gives you the tools to thrive in an ever-changing world. Change doesn't mean that you were previously doing something wrong. Change starts with a mindset of being open to opportunities for growth.

Meditation Practice to Become a Changemaker

During meditation practice, there are no limits as to the expansiveness of our mind. When we can stop the repetitive day-to-day chatter for moments in time, we are more able to access our expansive inner wisdom.

When meditating, we let the mind go where the mind goes, and we observe with our full attention and without judgment. We may observe that limits on our opportunity are often simply placed on us by our conscious day-to-day mind.

We often begin our meditation practice with a focus on the breath. A focus on your inhale and your exhale. Where did that air come from? Where is it going? When does one breath end and another begin? Expansion takes place during the pause between the inhale and the exhale.

Changemaker Mantra Meditation

We can often aid that expansion by adding a mantra into our meditation practice. A mantra has three primary purposes: (i) rhythm, (ii) meaning and (iii) focused attention. Your mantra should be meaningful to you and recited in coordination with your breath. It can be a prayer, poem, song or affirmation.

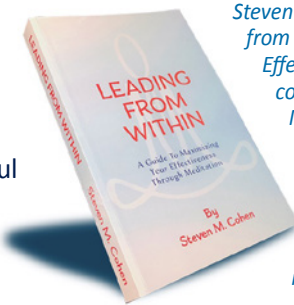
My current favorite is a mantra based on a phrase made famous by Mahandas Gandhi:

Be the Change You Wish To See Both in the World And Within You

Recite each phrase rhythmically with the inhale, pause, exhale and pause and no further direction. See where it goes. No self-judgment. Just observe.

What Stops You?

Many people claim that what stops them from meditating is a fixed mindset—a belief that they “can’t do it” or may “fail.” They may think other meditators sit with an always quiet mind, while their mind continues to create thoughts. This is untrue. You can’t force your mind to stop creating thoughts, just as you can’t force your lungs not to breathe or your stomach not to digest. Creating thoughts is what your mind does. During meditation, when your mind creates thoughts, try to observe them with your full attention and then let them go. Don’t be discouraged if more thoughts come – that happens to everyone. Try not to cling to the familiar ones in order to create space for new ones. When we meditate, we allow our mind to break the thought loops that our conscious mind creates and to wander to new places. The thoughts become more spread out with longer pauses in between them. That is where the growth happens. That is our practice to become a Changemaker. Real change occurs one breath at a time, one thought at a time and one action at a time.



Steven M. Cohen is the author of *Leading from Within: A Guide To Maximizing Your Effectiveness Through Meditation*, the co-founder and Chair of the Board of *Meditation4Leadership*, which brings the benefits of mindfulness and meditation practices to the workplace, a partner in an AmLaw 50 law firm and frequent speaker on the personal and professional benefits of mindfulness and meditation practice.



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Leading with Fun Why “Play” is Key to Success

“So, did you have fun?” I can still hear my late-mother asking me this question daily; after any sports competition, family function, or community fundraiser (I may or may not have been forced to attend) in my youth.

“So, did you have fun?” A simple question passed down to me from my mother that I ask myself and the people around me anytime I’ve taken on a leadership role, whether leading a team on my military deployments, leading my elementary-aged students in the classroom, or leading my interactive company to stay on mission.

I ask them this for the same two reasons my mother - the matriarchal leader of my family - used to ask me; to gauge how my team is feeling and to let them know their leader sincerely wants them to, you guessed it, have fun.

I don’t have it all figured out; I’m always learning as a leader. I’m a fan of failing forward. However one truth I know is that there are real benefits to having fun in the workplace. “Play” has been proven as crucial for brain development because it gives young children opportunities to experience new things and practice existing skills, which strengthens networks of brain connections. So, while we know there is science behind the benefits of play I guess one question to ponder is: shouldn’t these benefits also apply to adults?

Have we as adults lost our ability to play?

We are not cartons of milk. However, sometimes it feels like as adults we come with an “expiration playdate.” It’s as if society norms state **“do not play 2-3 days after the expiration playdate or this adult will go sour”**. I think there could be truth to that, when we don’t play, we can go sour.

The truth is that when we, as leaders, go sour, our teams will as well. So, leaders: PLAY! Reflect on how to play with the style by which you lead your team. Play with the way you approach your work load. Play with the idea that leadership isn’t simply what you are taught it is. Play with the notion that your approach leadership comes down to simply who you authentically are and how you put your true passions into practice.

I wholeheartedly believe my mom was right and all it really comes down to on this planet is that one question and those five simple words **“So, did you have fun?”**



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BE THE CHANGE

appreciation passionate
inventive generosity
confidence impact authenticity refresh
positivity **respect** inspire
communication creativity curiosity mindful
visionary



DESIGN
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“What is it you plan to do with your
one wild and precious life?”

- Mary Oliver

Life is so full of possibilities. The positive possibilities of life give us reason to wake up each morning and live with purpose. Yet, finding that “one wild and precious” purpose can be a lot of pressure. What if I don’t get it right?

The good news is, we get many shots in our lifetime to **Unleash our Positive Possibilities** and use our life energy for our own joy and the betterment of others.

We get to **reset, renew, and reinvent** our work and our sense of self in the different seasons of our lives. How exciting! But how do we do that?

Manifestation and the Law of Attraction are astounding tools for living with purpose. The Law of Attraction says, ‘like attracts like.’ Our thoughts, like magnets attract feelings/experiences that are similar to it. What we think, say over and over to ourselves, and visualize can shape our reality. Simply, positive thinking attracts positive people and opportunities.

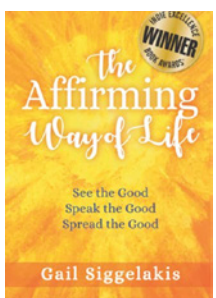
These tools enable us to attune to our highest selves to actualize our dreams and goals. They help us transition to our next reinvention.

No matter the challenges we face, every day and every season of our life, is an opportunity to **Unleash our Positive Possibilities**.

We are in this world together for a reason. Let’s support each other.

Unleash your
Positive Possibilities

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*“Be the change you want to see in the world.”
“Don’t ask what the world can do for you, but what you can do for the world.”
“To whom much is given, much is expected.”*

Spiritual leaders, politicians, and biblical figures alike have set an example that the highest form of humanity is to live in service for others.

While I always have been drawn to the healthcare space – via an interest in biochemistry, and later, public health – I had been searching for the right conduit of change where my unique background and skills could be applied to create the greatest positive impact in the world.

When I was a wide-eyed junior consultant in Washington DC in 2007, and introduced to the large inequality about underfinancing of the global chronic disease burden – I felt that I found my calling: to be part of the global solution to foster greater solidarity and financing to those needlessly suffering from cancer, heart disease, diabetes, mental health issues, and lung disease.

While these conditions make up over sixty percent of the global burden of disease (combined suffering and mortality), they only receive a meager two percent of development assistance for health. What’s worse, these conditions also cause a real drag on economies, causing up to five percent of GDP losses per year in countries like India, and reduced survival rates among those affected by COVID19.

After completing a PhD at Harvard University on this topic and subsequently publishing well-read studies on the economics of these issues with Harvard, WEF, the World Bank, and OECD, in 2018, it became clear that ‘someone’ had to lead an organization that translates the economic and disease burden evidence in tangible action and financial partnerships. With a wonderful team at Harvard University, the Health Finance Institute was incubated and born in early 2019.

With our 2023 strategy to **‘Analyze, Lead, and Partner’**, we are fortunate to have worked in Ghana, South Africa, Mexico, Armenia, Nigeria, Cambodia, and at the global level to support the investment and business cases – and most importantly the case for better health – for underserved persons living with cancer, Type 2 and Type 2 diabetes, and heart disease.

I’ve also been fortunate to receive amazing support and mentorship from other female leaders in the field – though they are few and far between.

Reflecting on this journey, my small words of wisdom: if you choose to lead related to a large, worthwhile mission: you will be surprised how many you can inspire. In the words of RBG: **“Fight for the things you care about, but do it in a way that will lead others to join you”.**



ANDREA FEIGL, Founder & CEO
Health Finance Institute

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“When I visualize what I truly want in my life and emotionally get attached to that thought, I start attracting all the resources that I need to reach my goal! It is the alignment of thoughts, emotions and actions that do the Majic!”

I am a true believer in the Law of Attraction. I have had several experiences in my life that are a testimony to this. The universe is looked at by different people in different ways. Some call it god, some call it karma, others call it fate. My experience is that if you desire something unselfishly, the answer and solution will present itself. Especially if you are putting this positive feeling out there for a selfless reason.


The most important first step is to **believe in yourself**. Trust the moment that your heart; that faint voice speaks to you. Listen to that inner voice and let thoughts flow through. The more you think and visualize as if you are living that dream, your actions automatically orient towards your goal.

“Positive thoughts bring positive results!”



CHAYA PAMULA, CEO and Co-founder, PamTen, Inc.
Founder, SheTek | Founder, SOFKIN (Support Organization for Kids in Need)

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To assist clients with connecting with their ongoing personal and professional growth. Connection is at the core of all that we do as individuals. Learn how to best level up your connection with yourself, your career, within your organizations, and other valuable relationships.

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To implement innovative collaborative solutions for, for-impact and for-profit organizations that garner organizational growth, change, and sustainability.

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Build customized supportive solutions that create ongoing connection and collaboration, that in turn yield greater mission impact, and individual growth.

*Today is the Day is launching an **International Changemakers Connective Membership**. Join like-minded individuals from around the world.*

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Sharing our *vulnerability, resilience, inspiration, persistence, enthusiasm, optimism, influence, authenticity, compassion, strategy, perseverance, patience, and passion.*

We are *agile, solvers, adaptive, openminded, motivated, lifelong learners that expand our bigness through storytelling.*

As Impactpreneurs *we are influencers and strategists.*

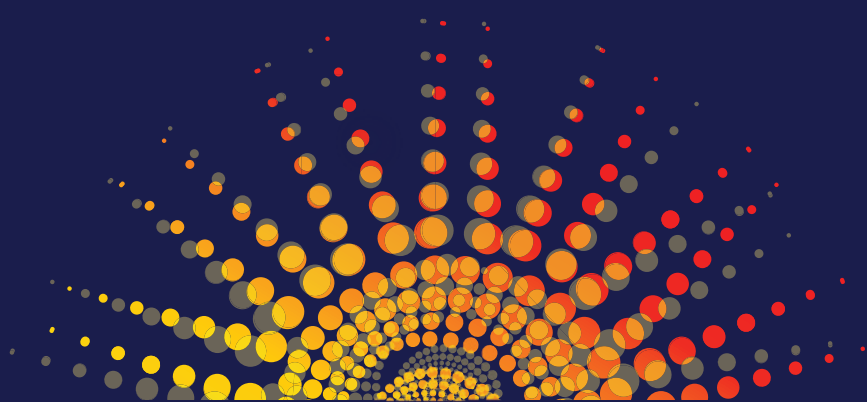
We believe *that everyone can achieve their goals because the possibilities of what we can do as one global community sharing ideas is endless.*

Together, we are champions of hope.

What words describe you as a changemaker?

THANK YOU FOR YOUR INSPIRATION





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*you cannot go back to YESTERDAY,
and you do not yet own TOMORROW.*



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