



NASAE

the connection

ISSUE FOUR | DECEMBER 2023

'Tis the Season of Giving

The act of giving is deeply rooted in the human experience and often goes beyond simple altruism. While the surface motivation may appear selfless, the true reason for giving is multifaceted and interconnected with our emotional, psychological, and societal dynamics. At its core, giving provides a sense of purpose and fulfillment to the giver. The act fosters a positive psychological state, releasing neurotransmitters like dopamine that contribute to a sense of joy and well-being.

On a more profound level, giving is a fundamental expression of empathy and interconnectedness. It strengthens social bonds and builds a sense of community, as individuals recognize the shared humanity that binds them.

Giving can also be a way to affirm one's values and make a positive impact on the world.

Whether through charitable contributions, acts of kindness, or simply offering support to those in need, individuals often find meaning and purpose in contributing to something greater than themselves.

Additionally, the reciprocal nature of giving cannot be overlooked. Societal structures often thrive on a sense of reciprocity, where acts of generosity are acknowledged and reciprocated, creating a cycle of goodwill. This social contract enhances cooperation and fosters a more harmonious community. In essence, the true reason for giving is a complex interplay of personal fulfillment, a desire for positive social connections, and a recognition of the shared responsibilities that come with being part of a larger human tapestry. How will you choose to give this season?



**STAY TUNED FOR
INFORMATION
REGARDING THE
2024 STATE
STAFF
CONNECTION
SERIES SESSIONS**

NASAE.FFA.ORG

MEMBER SPOTLIGHT



JOSH MITCHAM, KENTUCKY

Josh was selected as the **2023 Outstanding New Member**. Josh has been a true asset to students and teachers across the state of Kentucky. His leadership and work as the Director of the Kentucky FFA Leadership Training Center, also referred to as FFA Camp, has been tremendous as he has made many improvements. Members love him because of his smile, his willingness to give hugs to anyone who needs it, and his infectious love of FFA. Josh continues to provide FFA members with quality leadership content, an opportunity to engage with other chapter's from across the state, and a week that they will never forget.

WANT TO PARTICIPATE IN THE 2024 AWARDS PROGRAM?

VISIT [HTTPS://NASAE.FFA.ORG/AWARDS](https://NASAE.FFA.ORG/AWARDS) FOR MORE INFORMATION.

APPLICATIONS ARE DUE OCTOBER 1.

GOOD READS

"DARE TO LEAD"

BY BRENE BROWN

BRAVE WORK. TOUGH CONVERSATIONS. WHOLE HEARTS.



When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we leave into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage to start.

STATE STAFF TOOLBOX

DISA Global Solutions (formerly Crimcheck) - Protects companies' employees, customers, assets and brands by providing comprehensive, accurate and compliant employment screening solutions.

How can you use it in your FFA Association:

- State Officer Candidates Candidates
 - Candidates agree to have a social media background check conducted when they sign their Code of Conduct to run for office.
 - Candidates' names and emails are uploaded into the system and CrimCheck sends the candidates an email with steps to input their personal information to conduct the scan.
 - The cost is \$35.00 per person.
 - It takes 3-5 days to receive the report after the candidate inputs their information.
 - If a report comes back with something flagged, staff can reach out to the candidate and their advisor to arrange a meeting. You can then discuss what was found, why it is of concern, and how that aligns with the officer Code of Conduct and what is expected of state officers' social media presence. You can then discuss the next steps and provide an opportunity for them to clean up the content of concern.

[crimcheck.net](https://www.crimcheck.net)

REFLECTION

YIN YOGA

Yin yoga is a quiet contemplative practice. It works deeply into our body with passive, longer-held poses. During your yoga practice, take the time to pause and observe how your body feels in each pose. This basic self-reflection can help us become more aware of ourselves physically and mentally.

Try this sequence of poses:

Easy pose, Butterfly, Wide-angle seated forward bend, Half Lord of the Fishes, Reverse tabletop, Bridge pose, Supine twist, Half wind relieving pose, and Corpse pose.

KNOWLEDGE & WISDOM

GRATITUDE JAR

The gratitude jar is a stunningly simple exercise that can have profound effects on your wellbeing and outlook.

Step 1: Find a jar or box.

Step 2: Decorate the jar however you wish.

Step 3: Think of at least three things throughout your day that you are grateful for. Do this every day, write down what you are grateful for on little slips of paper and fill the jar.

Over time, you will find that you have a jar full of a myriad of reasons to be thankful for what you have and enjoy the life you are living. It also will cultivate a practice of expressing thanks. If you are ever feeling especially down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of who, and what, is good in your life.

