Center for SOCIAL CHANGE

AUGUST Newsletter

Resource Hub

Stay in the know with these news channels that cater to nonprofits and social impact organizations:

- The Nonprofit Times
- Philanthropy News Digest
- The Chronicle of Philanthropy
- Nonprofit Sector News
- Nonprofit Quarterly

Alkalize your body

While you focus on your mission, dedicate some time to your health as well! Here are few tips to naturally support your body's pH balance:

- focus on deep breathing
- try oil pulling
- chew your food (20-40 time each mouthful)
- release toxins by sweating or bathing
- add these foods to your diet: spinach sweet potato, avocado, garlic, onion, broccoli, celery, kale

FOLLOW OUR JOURNEY

Practical Progress

by Maya Arden, EsoTerra

LET'S TALK ABOUT YOUR ZONE OF GENIUS

This is where your natural talents and passions intersect, creating high-impact and a deep sense of fulfillment. Most people do not live in this zone.

We live in a culture that enables toxic productivity and bias, disproportionately limiting opportunity. We need to stop normalizing exploitative practices.

Begin assessing how you spend most of your time. Encourage your team to do the same. A step towards liberation is helping one another live fulfilled by who we are, what we do, and how we do it.

ASSESS YOUR ZONE

- Zone of Incompetence: Doing things you're not good at and don't enjoy.
- Zone of Competence: Doing things well enough, but don't bring you much fulfillment.
- Zone of Excellence: Doing things you excel at, but don't align with your true passions.
- Zone of Genius: Doing things that use your natural talents and fulfill your passions, allowing you to perform at an exceptional level.

E4C Exchange for Change
WRITING THAT TRANSFORMS

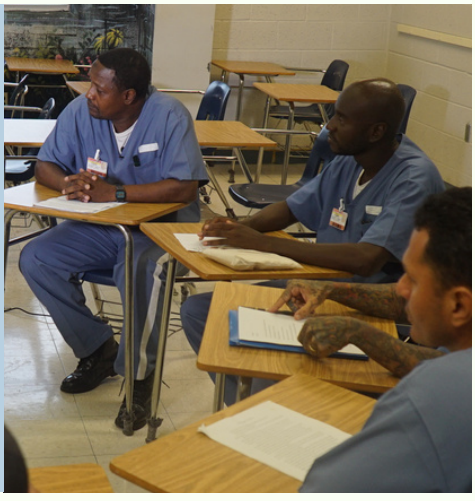
COMMUNITY highlight

Exchange for Change is a South-Florida based nonprofit that offers educational and communication skills-building courses to students who are incarcerated to amplify and bring their voices to the outside.

Through advocacy and education, they provide vision & understanding on both sides of the fence. The only nonprofit in Florida providing this opportunity, they advocate for education as a human right and for the voice of the incarcerated to be included in all conversations that impact them.

Don't Shake the Spoon is a literary journal published by Exchange for Change. All three volumes are available for purchase on Amazon.

They offer classes inside state prisons, county jails & a local juvenile residential center. In addition to the traditional genres of fiction, nonfiction and poetry, they provide a wide variety of options to compliment the interests from their student population.



Learn more & connect with Exchange for Change

Inspiring Events

"Come Meet A Black Person" Anti-Racism Virtual Series

Sun, Aug 13 | 9pm - 11pm CEST
Online Session

Gallery Night - Who is Miami: Narrative for Change Talk

Fri Aug 18 | 7pm - 10pm
Books & Books
265 Aragon Ave
Coral Gables, FL 33134

Women for Success: Mastermind Solutions for General Business Challenges

Tue, Aug 29 | 6.30pm - 8pm
Capital One Cafe
150 Miracle Mile
Coral Gables, FL 33134

FilmGate Festival: Free-For-All

Wed, Aug 30 | 6.30pm - 9.30pm
Silverspot Cinema - Downtown Miami
300 SE 3rd St, #100
Miami, FL 33131

National Beach Day Cleanup with 1Hotel

Wed, Aug 30 | 6.30pm - 8pm
1 Hotel South Beach
2341 Collins Avenue
Miami Beach, FL 33139