



Meeting Summary for Change-Makers Nonprofit Book Club Meeting - January 2024

Jan 23, 2024 10:25 AM Eastern Time (US and Canada)

Quick recap

The discussion revolved around the Change-makers Nonprofit Book Club's selection, "The Mister Rogers Effect: 7 Secrets to Bringing Out the Best in Yourself and Others from America's Beloved Neighbor" by Dr. Anita Knight Kuhnley. The participants, Melanie Lambert, Meg Hagan, and Deeanna Garner, engaged in a conversation about the book, their personal experiences, and the importance of collaboration and empathy in nonprofit work. They also explored the concept of self-care and the role of positive interactions in problem-solving. Towards the end, they reflected on the importance of self-acceptance and reframing situations. The meeting concluded with plans for future book club meetings.

Summary

[Change-Makers Nonprofit Book Club: The Mr. Rogers Effect](#)

Melanie Lambert led a discussion for the [Change-makers Nonprofit Book Club](#) meeting about the book selection, "The Mister Rogers Effect: 7 Secrets to Bringing Out the Best in Yourself and Others from America's Beloved Neighbor" by Dr. Anita Knight Kuhnley. The meeting started off with casual introductions where Melanie and other participants, Meg Hagan and Deeanna Garner, shared their locations in the US. They also briefly talked about the weather conditions in their respective locations. The main focus of the meeting was to discuss the book.



The Mister Rogers Effect Book Club Discussion

The meeting primarily revolved around the club's discussion of a book, *The Mister Rogers Effect*. Melanie Lambert, Deeanna Garner, and Meg Hagan participated in the conversation, with Melanie emphasizing the value of all contributions, even without reading the book. Melanie also shared her appreciation for a book that uses Mr. Rogers' episodes as a narrative device and its relevance to nonprofit professionals. Additionally, Deeanna Garner clarified Melanie's relationship with Amazon, and they discussed promoting Melanie's book club.

Nonprofits' Collaboration and Fundraising Strategies

Melanie Lambert and Deeanna Garner discussed the importance of collaboration and mutual support among nonprofits. Melanie encouraged Deeanna Garner to share her own successful strategies for networking and fundraising, emphasizing that nonprofits are not in competition but rather working towards a common goal. Melanie stressed the importance of empathy, self-awareness, and authentic connection in nonprofit work, all key elements described in 'The Mister Rogers Effect'. Deeanna Garner suggested the idea of posting flyers at the library to spread the word about Just Write Grants' Amazon book club. Melanie agreed to this idea and offered to send Deeanna Garner a flyer template.

Practicing Active Listening and Emotional Intelligence

Melanie Lambert shared her experiences as a mother, entrepreneur, and firstborn who has a natural inclination towards problem-solving. She emphasized the importance of respecting unique circumstances in problem-solving and shared her personal experiences of practicing active listening with her children. Meg Hagan shared her recent experience with a book by Michael Bungay Stanier called "[The Coaching Habit](#)," which encourages asking more questions and being curious. They both agreed that this practice could be applied in their professional lives to improve communication and understanding. Melanie also highlighted the importance of emotional intelligence in forming authentic



relationships, especially in nonprofit work, and stressed the need for rest and emotional rejuvenation in nonprofit work.

Spirituality and Self-Care Discussion

Deeanna Garner and Melanie had a discussion about spirituality and self-care. Melanie recommended a book to Deeanna Garner and shared her upcoming attendance at a presentation on "sacred rest," emphasizing the importance of recharging physical and spiritual batteries.

Positive Problem-Solving and Collaboration

Melanie Lambert emphasized the importance of maintaining a positive emotional atmosphere in problem-solving, with a focus on the importance of five positives for every negative interaction as described in the book. Deeanna Garner shared her insights from a conference where the term 'influencers' was used instead of 'volunteers,' highlighting the importance of collaboration in solving problems. Melanie further stressed the significance of nonprofits adopting a more positive and empowering approach in their interactions with clients and donors, suggesting a shift towards emphasizing the positive outcomes of donations. The conversation concluded with Melanie underscoring the value of gratitude in strengthening relationships, as was shared as a significant part of Mister Rogers' approach to relationship building and trust.

Empathy, Self-Acceptance, and Reframing in Nonprofit Work

Melanie and Deeanna Garner discussed the importance of empathy and self-acceptance in nonprofit work in relation to the tenets shared in the book. They highlighted the difference between sympathy and empathy, with empathy being about understanding another person's feelings and experiences, and sympathy being about expressing sorrow for someone else's situation. Melanie shared her realization that she needs to work on her inner dialogue to be more empathetic towards herself as encouraged in the book and as practiced by Mister Rogers. The conversation also touched on the importance of self-acceptance in relationships and understanding one's own strengths, weaknesses, and unique experiences. Melanie shared an example of how her perspective on poverty has changed after working with nonprofit clients from different parts of the world. The discussion



concluded with a focus on reframing situations, such as viewing a glass as half full rather than half empty.

Nonprofit Book Club Discussion

Melanie emphasized the importance of the concepts in the book, particularly establishing security in relationships and the role of caregivers in helping children develop emotional intelligence. They also talked about the ultimate goal of a nonprofit, which Melanie believes is to empower individuals through programs and services.

Up Next:

Book Club Selection: [Compelling Conversations for Fundraisers: Talk Your Way to Success with Donors and Funders](#)

Join us for February's Change-Makers Nonprofit Book Club Meeting on Thursday, February 29, 2024 at 11:00 am Eastern. [Click here to register.](#)

**Melanie Lambert is an Amazon Affiliate. She receives a small incentive for each applicable purchase, which does affect the purchase price.*