



**Special Committee on Women Orthodontists
Dr. Valerie D. Martone**

May 15, 2023

Katie Goodman, comedienne and educator, had the women laughing and having fun at the WONS session during the AAO annual session. Using improv techniques, we learned how to react with humor when crazy things happen. She inspired us to use humor more often in our day to day lives to reduce stress and how to gag our inner critics. We found that is it very hard to use your right brain and left brain at the same time!

The Women's Leadership Challenge is about to come to completion with Tonya Monsef and Maame Afon who are energetic, knowledgeable and inspiring teachers. We followed the framework from The Leadership Challenge: How to Make Extraordinary Things Happen in Organizations (Kouzes and Posner, 6th edition). If you missed out on this opportunity, keep an eye out. We expect to continue more Women's Leadership Challenges in the future.

The WONS event is ticketed (nominal fee) and will feature another inspiring speaker, an interactive format, light food and drinks. Be sure to purchase your ticket on the Annual Session Registration Page next year as attendance is limited.

Respectfully submitted,

Valerie D. Martone, DMD, MSD
GLAO Representative to the Special Committee on Women Orthodontists