



Monday, June 1, 2026 | Week 2 Session RECAP

Tonight's SHEnergized Power Hour was a powerful blend of **self-discovery, sisterhood, and spiritual refueling**. We centered our time around understanding our **FLAVA**—the unique God-given personality blend that shapes how we show up in the world and in sisterhood.

1. Setting the Atmosphere: SHE POWER & Identity

We started by:

- Welcoming sisters into a **highly interactive space** designed for connection, joy, and healing.
- Doing our **P O W E R** cheer, declaring:
 - “P O W E R – [your name] got that SHE power!”
- Affirming our identity as **daughters of the King**:
 - “I am a daughter of the King.”
 - “I am beautifully and wonderfully made.”
 - “My Daddy loves me... I love me... and I’m free to love you.”
- **Courtney** then covered us in a powerful prayer, inviting us to exhale the stress of the day, inhale what we need from the Lord, and welcome the **Holy Spirit** into our time together.

This grounded the experience in **faith, worth, and sisterhood**.

2. What's Your FLAVA? – The FLAVA Assessment

We introduced and used the **YourFLAVA.org** assessment (code: **FLAVA 2025**) as a key tool for:

- **Self-awareness**
- **Better communication**
- **Stronger teams and relationships**

Sisters were instructed to:

- Take the assessment at **yourflava.org**
- Identify their **top two FLAVAs**



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- **Rename themselves** in Zoom with their FLAVA names (e.g., “Spicy Mild Roxy,” “Tangy Spicy Lauren,” “Sweet Spicy Teresa”).

This became our **virtual introduction**, reminding everyone:

God didn’t create us all the same, and that’s a good thing.

The goal is not to become someone else, but to become the **best version of you**.

3. The Four FLAVAS: How God Wired You

We explored the four central FLAVAs:

SPICY – “Keep it exciting”

- Quick-paced, bold, action-oriented, love change and excitement
- Animated communicators; bring **energy and momentum**
- Strength: Inspire action, radiate enthusiasm, move things forward

SALTY – “Keep it real”

- Dependable, loyal, structured, value doing things **right**
- Organized, accountable, know the details and the rules
- Strength: Provide **stability, order, and trustworthiness**

MILD – “Keep it calm”

- Peaceful, patient, relational, seek harmony and balance
- Often in nurturing roles; unify and soothe tense spaces
- Strength: Bring **harmony, safety, and steady support**

TANGY – “Keep it clear”

- Logical, analytical, love knowledge and clarity
- Question systems and details to understand and improve them
- Strength: Bring **innovation, solutions, and wise analysis**

You taught that:



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- **No FLAVA is “better”**—we are all a **unique recipe** of these traits.
- Our differences truly **make the difference** in homes, churches, workplaces, and ministries.
- Most conflicts are actually **communication and personality clashes**, not lack of love.

We also learned the **Platinum Rule of Communication**:

“Communicate unto others as they would have you communicate unto them.”

4. ABCs of a SHEnergized Life – This Week’s Focus

Tonight’s letters were:

- **F – Feel good about yourself**
 - Self-awareness builds confidence.
 - Appreciate your God-given strengths and unique FLAVA.
- **G – Get going**
 - Stop waiting to be someone else.
 - Success comes from **maximizing who YOU are** and taking action.
- **H – Have a helping hand**
 - We were never meant to do life alone.
 - Strong women build **strong teams**.
- **I – Inspire somebody**
 - Your story and scars can help another woman keep going.
 - Every experience you’ve survived can bless someone coming behind you.
- **J – Join the team**
 - Sisterhood thrives when we **value and leverage** our differences.
 - We are better **together** than we are alone.

These letters were woven through the FLAVA lesson as a call to:



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- **Know your FLAVA**
 - **Honor others' FLAVAs**
 - **Use your FLAVA to serve, support, and uplift** your sisters
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5. Retreat Spotlight: Let the Healing Begin

We highlighted the upcoming **SHenergized Sisterhood Retreat**, themed:

“Let the Healing Begin: Releasing Generational Tears”

Key elements of the retreat:

- **Friday Night:** Welcome reception + Sip & Paint tied to the healing theme
- **Shake Your Soul** movement experience – a rhythmic, freeing, healing space
- **Saturday Sessions:** Empowerment workshops, Connections Luncheon, Generational Exchange
- Honoring **Wintertime Sisters** and creating intergenerational support
- **Vision Board Night** and a **Bonfire Release**, symbolically letting go of what we've carried from recent years and stepping into what God is doing next.

Testimonies from sisters like **Annette** and **Kiki** affirmed that:

- The retreat is a **safe space** to breathe, heal, and be poured into.
 - It is a place of **real connection, tears, laughter, and transformation**.
 - Once you attend, you'll want to **keep coming back**.
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6. Holy Transparency & Self-Care

Roxy, modeled powerful **transparency** by sharing:

- A recent **health scare** with dangerously high blood pressure.
- How your husband and daughter stepped in, demanded accountability, and insisted you prioritize your health this week.



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- That, as much as you love to pour into others, you **cannot fulfill your calling** if you neglect your own wellbeing.

Roxy's message:

"We can't take care of anybody else if we don't take care of ourselves."

The sisters, led by Annette and others, surrounded you in **prayer and covering**, committing to lift you up as you lead.

7. Prayer, Grief, and Covering One Another

The Power Hour gently transitioned into a sacred, open space for:

- **Prayer requests** (for grief, health, job interviews, surgery, and more)
- Specific intercession for:
 - The **Burton family** (loss of 25-year-old George in a drunk driving accident)
 - The family of **Knowledge Green**, a middle school student killed by a firearm
 - **Gay Bullock** (surgery and lupus)
 - **Cassandra's** job interview
 - Continued covering and strength for **you, Roxy**

Courtney and **Chariss** led heartfelt prayers, asking God to:

- Comfort those grieving
- Guide those entering new seasons (work, school, calling)
- Help each woman step into the **"new thing"** God is doing
- Make sure we pour from our **overflow**, not our emptiness

8. New Sisters, Open Sharing & Ongoing Connection

We welcomed **first-time guests** like **Faith** and reconnected with sisters who were invited by family and friends. The open floor allowed women to:



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- Share how the FLAVA teaching **helped them see themselves differently**
- Recognize their loved ones' "FLAVAs" and gain grace for them
- Express gratitude for this **safe, spirit-led space**

You closed by:

- Thanking everyone for their presence and participation
- Encouraging sisters to **invite more women** next week
- Announcing your desire to do **10-minute one-on-one virtual check-ins** with attendees so you can walk more personally with each sister
- Reminding everyone that **whoever was in the room tonight was meant to be there**—for the Word, the teaching, the transparency, and the healing that took place.