



# **That Is Greek to Me Journal: Change How the World Sees Greeks & How You See Yourself**

*Leisa Hunter Smith*

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## **Sorority Sisters & Fraternity Brothers Unite!**

Learn as we begin to change ourselves, we change the stereotypical perceptions held by the non-Greek population.

As a bestselling author and former counselor, she believes that writing your thoughts down is fundamental to changing them. Ask yourself why you make the choices you do. Question the faulty stories you carry around and create new ones, reinforcing good ideas and healthy alternatives.

Journaling is ultimately the task of discovering and developing what you think and how you act. There could hardly be a more important personal goal, as individuals and as members of the Greek Community.

Author Leisa Hunter Smith has served in Higher Education in the United States and Australia and as an Educational Advisor for United States Consulate, Melbourne.

She has lectured and worked at universities throughout Australia. Leisa has also held alumni positions for her sorority, Delta Zeta.

Leisa has been featured on the Today Show Australia, Sunrise, ABC TV, Channel 10, SBS, ABC Local and presented workshops on mental wellness, student leadership, Mindfulness Based Stress Reduction, and Greek values.

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