

Conéctate

The Network of Promotoras and Community Health Workers

Vision y Compromiso's Network of Promotoras and Community Health Workers Wishes You a Happy National Women's History Month

By Norma Benitez, Network Director

March is Women's History Month, a month that celebrates and honors the contributions and impact women have made in their communities and in our families. The Network of Promotoras and Community Health Workers is honored to work alongside strong and dedicated women that lead by example through their actions and love. In this month's newsletter, we are highlighting promotoras who have made contributions to the workforce and continue to elevate the promotor model. For our promotoras and community leaders who are underemployed or seeking employment opportunities, be sure to read Dr. Miriam Hernandez' section on tips that may help you stand out as a candidate in your job interviews. We also hope the advice from promotoras can serve as inspiration.

As we celebrate this month, we want to thank you for believing in our promotora movement. What started from humble beginnings with the vision of five strong mujeres has turned into 21 years of women supporting and uplifting each other, which has led to transforming our communities. And as the saying goes, "Without women there is no revolution!"

¡QUE VIVA LA MUJER!



"Roughly 275,000 women left the workforce last month. We cannot allow #COVID19 to erase the progress women have made in our fight for equality in the workplace."

— Nury Martinez, LA City Council President

Tips on How to Join the Workforce from Our Workforce Training Manager

By Miriam Hernandez

At the end of your training process as a promotor, you may ask yourself: What can I do now with all that I have learned? How can I apply it? And you may still ask the question: Will I be ready to work as a promotor?

We want to share with you some **ideas** that will support you in your preparation to join the workforce as a promotor:

- ✓ **Know the organization to which you want to apply:**
It is important that you give yourself the opportunity to investigate the organization, what is its mission, its values, its services, is it in accordance with your way of thinking and your own values;
- ✓ **Prepare your resume:**
Remember, make sure it is no more than two pages and written for the particular position you are applying for;
- ✓ **Prepare for the interview:**
Prepare yourself with a notebook and pen to take notes, make a list of questions, and choose what clothes you will wear. Remember it is an interview and not a party;
- ✓ **Know about the position you are applying for:**
Review the details of the job description;
- ✓ **Be on time for the interview:**
Not too early, and never late. If you arrive early, wait patiently;
- ✓ **After the interview, send a thank you note:**
Thank your interviewer for the time they gave you and remind them that you will be waiting for an answer.

Visión y Compromiso is working to support you in your journey to enter the workforce. We offer a workshop and individual support. For more information feel free to contact me at miriam@visionycompromiso.org or Lady Freire at lady@visionycompromiso.org.

1

What advice would you share with other promotoras interested in joining the workforce?

2

What job skills have you developed that have helped you become a better promotora in the transformation of your community?

BAY AREA COMMITTEE

Adriana Moreiko



1 “I think that many promotores have been in the workforce for a long time, although perhaps without a salary or a very low salary. Investigate, share, educate and learn constantly. That is to say: investigate everything we do and everything we know; share those experiences to educate ourselves more and more and continue learning. All these actions help to empower us, to analyze the actions: ours and those of others; share the findings to educate and learn from each action or event carried out. We must be an active part of various groups, understand what rights and responsibilities are in any sector that inspires us to make a change for the better, and that we always remember that we work with our mind and especially our heart.”

2 “Flexibility. Being more flexible, open to listen and seek other opinions and value them, accept that I am not perfect, value diversity, have empathy, get out of my comfort zone and, of course, be responsible with my functions as a professional and with the community, advocating for social justice and equity in many areas, adding a bit of humor and humor.”

COACHELLA COMMITTEE

Nancy Gonzalez



1 “I have been an employee of Clinicas de Salud del Pueblo for five years, the advice that I can share with promotoras who want to join the workforce is to have passion and work with heart.”

2 “The ability to listen, the language and the constant preparation to be up to date with the information and regulations especially about human rights.”

CENTRAL COAST COMMITTEE

Andrea Lizama Pinto



1 “If you are a promotor and want to join the workforce, I can only tell you: trust yourself, your talent and your experience. And above all things, put all your passion and love in everything you do. If you see an opportunity, go for it, without fear. Dare and always do your best. Much success!”

2 “Thanks to Visión y Compromiso’s workforce program, I have maximized my leadership skills, and learned to perform better in a job interview, how to write my resume and cover letters, and how to follow up after submitting applications. As a promotora, I have

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expanded my network of contacts, and I have been able to develop communication skills to make my work with the community more effective.”

KERN COMMITTEE

Juana Carbajal



1 “My advice to other promotoras and community leaders would be to take the opportunity to get involved. I met Visión y Compromiso while working in the field. Through the training that Visión offered, I was able to grow as a person.”

2 “My work with the UFW Foundation taught me how to organize my community from the base and as a promotora. I have developed how to listen carefully and with empathy to learn the most urgent needs of the community.”

LAS VEGAS, NEVADA COMMITTEE

Martha Moreno



1 “You should prepare yourselves and if you are going to do it, do it with heart so that you receive blessings because our community is very grateful.”

2 “Knowing how to give to our community

with humility. Give them the respect they deserve so that they can trust you and tell you their needs. Knowing how to interact with key people in the community in order to connect the community to those resources. These skills make me feel great satisfaction in my work as a promotora.”

LOS ANGELES COMMITTEE

Maria Talavera



1 “Have confidence in yourself. Strengthen your Leadership and communication skills, Work as a team.

Be flexible about work schedules and be optimistic. You can do this!”

2 “In my work as a promotora, I have developed the ability to adapt to work-related changes, work in a team, communicate correctly with my co-workers, show initiative, how to make decisions, and have flexibility. I learned to control stress so that it does not affect me personally and at work. Knowing how to listen is not only very important, but it is essential.”

MADERA COMMITTEE

Ana Lilia Mendoza



1 “The first thing would be to know your strengths and areas of growth, then take

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action, educate yourself, prepare yourself to turn those areas into strengths and believe in yourself. Find an agency or workplace that agrees with your ideas and values where together you can do your best to support the community.”

2 “The projects I have participated in have helped me develop and discover an infinite number of skills such as: communication skills, flexibility and adaptability, teamwork, emotional intelligence, organizational skills, empathy, leadership, creativity, ability to resolve conflicts, and much more.”

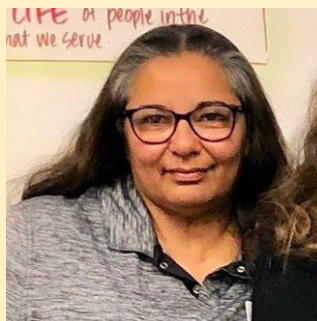
NAPA COMMITTEE

Vivian Casillas

1 “With the heart

of promotores in our community, we can build strong ties between the resources we share and connect them with our families, friends, neighbors and new hearts in need of our guidance and help.”

2 “I have the privilege of serving on a committee that provides valuable and professional help. The desire to support our families leads us to improve our knowledge and skills in technical and technological knowledge to offer the resources that are needed as quickly as possible.”



ORANGE COUNTY COMMITTEE

Gabriela Lemus

1 “I believe that

each of us has that

inner strength to be able to give more of our time. You just have to look around your community and identify the needs that exist in your neighborhood. With respect, love, patience and letting them know that working as a team can achieve a lot. It is important to let the new generation know that we are here to shake hands. Today there is a lot of innovation especially when it comes to technology, we can support each other. Young people with the modern and we adults with our experience.”

2 “Today I can say that being a promotor has helped me to lose a little fear and feel more confident about myself. Personally and at work I feel happy because every day I learn something new and discover that with the support of the people that God has put in my path I have learned to develop new skills that I thought I could never learn. Being empathetic is fundamental, respect is essential for every human being, humility is part of my life and it has allowed me to continue without losing my ground, to know where I come from and what I want for my life, my children and myself.”



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SAN BERNARDINO COMMITTEE

**Maria Elena
Chairez**



1 “Prepare ourselves, make our way and move forward always thinking of growing, in obtaining the necessary tools that help us to be better, believe in our abilities and put them into practice, remove our fears and trust ourselves, take advantage of all the learning opportunities that we have available because the better prepared we are, the better our service to the community will be and there is nothing more satisfying than knowing that you are an essential part of a positive change, not only in a person, a family, the community, but we also do our bit to provide a better future for our families. Right now I am employed as a Health Promoter with RCHF in the *Mamas y Bebés* program where the main objective is to help pregnant women or women with babies under one year old learn and develop skills and strategies that allow them to enjoy a healthy pregnancy and motherhood. I am also working as a promotora for the Full Plate Living Program at Loma Linda University, for Latina women facing some health challenges living in the Inland Empire. To evaluate the impact of the program, laboratory tests and depression/anxiety evaluations are offered along with follow-up calls for the duration of the program.”

2 “Without a doubt I have to say that love for my work inspires me every day to better serve my community. I try as much as possible to constantly educate myself, to create an atmosphere of harmony and well-being with my coworkers, and to show flexibility and willingness to adapt. Having good communication is essential to obtaining good results and it goes hand in hand with knowing how to listen to ensure that we work based on the needs of the community and not just to meet our working hours. I like to take initiative even in new situations because this pushes me to learn and make decisions, but what I consider very important is the empathy that we develop. This reminds us that we are part of the community and we are here to serve it. I like to establish objectives and goals that lead me in the right direction and if they don't change my strategies. Managing my emotions plays a very important role in my development as a leader as it helps establish trust with the community. As promotores we become the bridge to the resources they need.”

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SAN FERNANDO VALLEY COMMITTEE

Maria Olmos



1 “Do not be afraid to join the workforce as a promotora, this work is very satisfying.

Knowing that you are helping someone is priceless, and I really enjoy doing this, so I can't call it work. It is also important to know your capacities, skills, and abilities and strengthen them and be willing to share them with the community. Promotoras should learn something new every day and the community gives you this opportunity. We have the help and support of Visión y Compromiso providing us with excellent workshops and different trainings that give us the opportunity to learn, enabling us to share experiences and everything we have learned with the community.”

2 “I have learned to give workshops and presentations to large groups of people in different places. I have made use of PowerPoint, I have created an inventory of resources that I keep updated to be able to identify the places where I can refer people to receive the help. I learned to manage an agenda for when the situation requires it, as well as to work as a team. I also learned to establish good relationships with workshop participants, always maintaining respect and giving everyone the opportunity to participate. Another very important skill is learning to listen. If you know how to listen to the needs of the community, you will have more opportunities to help, you will know what

resources you can give according to their needs and you will be able to guide them to have a better lifestyle.”

SAN DIEGO COMMITTEE

Lupita Lombardo



1 “My advice would be that having knowledge, confidence and enjoying the work you are doing is very important in addition to having training in this regard.”

2 “The skills that I have developed collaborating in different programs such as *Más Fresco* informing my community about the advantages and benefits that they can obtain from these programs. Also the opportunity to support legislators and proposed bills in the areas of education, immigration, and health for the benefit of our communities.”

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STANISLAUS COMMITTEE

Jenny Zegarra



1 “Personal growth and developing my own leadership is priceless. I am the result of being a promotora!”

2 “Some skills that come to mind are programming, designing, developing topics that involve the community for the common good, and being able to speak in public.”

TULARE COMMITTEE

Herminia Lopez



1 “Being yourself and being authentic, not offering what you cannot give and being real.”

2 “Be able to be open to learn and not be afraid to be able to acquire tools that are at our disposal.”

For more information about the The Network of Promotoras and Community Health Workers, please contact:

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Visión y Compromiso™

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19th ANNUAL CONFERENCE

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OCT 2021

7-9

VISIÓN Y COMPROMISO EMPLOYMENT OPPORTUNITIES

Project Coordinator, Central California
Promotor Comunitario, Kern, Wood, Ventura y
Santa Maria

Promotor Comunitario, Riverside
Promotor Comunitario, San Fernando Valley
Promotor Comunitario, Plumas, Humboldt,
El Dorado, San Benito y Shasta

*Please check our website for job descriptions
for our current employment opportunities.*

marzo

MES DE LA HISTORIA DE LA MUJER

Visión y Compromiso™

March

WOMEN'S HERSTORY MONTH



2002

Conectándonos a
través de nuestras
historias para hacer
historia.

Connecting
through our
stories to
make herstory.

2019



• March •

For information about these events and more, visit our [events page](#).

Advances and Responses to COVID-19
March 10 and 24
5:00 pm – 6:30 pm

Familia Tu Vales: Group for Men
(recurring event)

How to Prepare Taxes as an Independent Contractor
Thursday, March 11
5:00 pm – 6:30 pm

SAN FERNANDO
Understanding the Rights of Tenants During the Pandemic
Tuesday, March 2
5:00 pm – 6:00 pm

Elevating and Vibrating Your Positive Energy “Connecting Your Creative Expression to the Here and Now”
Friday, March 5
6:00 pm – 7:15 pm
Event takes place every first Friday of the month.

Do I Get the COVID-19 Vaccine or Not? Understanding How the Vaccine Works with Doctor Castellón
Saturday, March 6
9:30 am – 11:00 am

Uniting Community Links
Tuesday, March 9
2:00 pm – 4:00 pm
Monday, March 22
6:00 pm – 8:00 pm

Promotoras Addressing Social Inequities During COVID-19 in the Latino Community
Thursday, March 25
5:30 pm – 7:00 pm
**Simultaneous interpretation provided*

TULARE
Cafecito Virtual
Friday, March 5
8:30 am – 9:00 am

MADERA
Cafecito Virtual
Wednesday, March 10
5:30 pm – 6:00 pm

Cafecito Virtual
Wednesday, March 17
5:00 pm – 5:30 pm

LOS ANGELES
Promotoras Helping to Prevent Suicide in Our Community (Limited space)
Thursday, March 18
9:00 am – 1:00 pm

NAPA
Mental Health First Aid
March 18 and 25
5:30 pm – 7:30 pm. To register send an email to vivian.casillas@tjoe.org.
**Event will be in English.*

LAS VEGAS
Cultural Sensitivity Between Promotoras and the Community
Saturday, March 20
9:30 am – 11:00 am

**Please note: Unless otherwise stated, these webinars are in Spanish.*