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President's Message

Turning Your Personal Blueprint in to Action



**Wendy Wheelock,
MBA**

Your personal blueprint provides a springboard for transforming your innermost dreams into reality. It is the source of electricity which generates the spark of achievement and provides satisfaction in all areas of your life. By combining the powers of imagination, planning, and action, you will begin to set and achieve goals that may have seemed distant just a short time ago.

Women are natural goal setters. We plan the meals for the week, we balance the work and family calendar and we plan the long awaited vacation. So, what are you waiting for? Start now, by putting your goals in writing and creating a blueprint for the future that you want to build.

Goal setting is a process, not an event. Your blueprint will be your partner in achievement, growing as you grow, expanding as your horizons expand. You would be wise to consider this a life long process, a system for continually updating and upgrading goals while evaluating progress on goals already developed.

For some reason, the word "goal" often prompts a mental image of something grandiose, long-term, or bigger-than-life. And it certainly can be. A goal is, in reality, anything you want to have, achieve, or become; any place you want to go, or anything you want to do. If you have trouble using the word "goal," then feel free to use words such as "target," "objective," or "accomplishment." The more comfortable you feel about developing your plan, the more action you'll take toward results.

Like building a house the first step in developing your plan is to start with a blueprint. Start with a white piece of paper and begin dreaming, letting your imagination soar. What do you want to accomplish, this week, this month, this year? Where do you want to be? What is important to you?

"I will spend one hour on Sunday playing in the yard with my children."

"I will buy a book on golf by Friday."

"I will clean off the top of my desk at home by Saturday."

"I will spend a week in the Bahamas next December."

It is that simple! Your daily and/or weekly goals could be written a daily planner on the calendar or in a journal. Where you write them is not important; that you write them is critical.

As your blueprint progresses your horizons will expand, your self-confidence will increase and your goals accomplished will be numerous. At this point, you will have developed a goal-setting habit, and can begin to focus some of your effort and energy in the direction of long-range goals.

As you check off the accomplishments that were once dreams, you'll realize that if you dream it, you can achieve it!

Upcoming Events

January 22
Holiday Inn Downtown
Speaker: Dena Stolze
"Discovering Your Life Purpose"

February 26
Holiday Inn Downtown
Speaker: Laura Seamans
"Gender Relations"

March 25
Holiday Inn Downtown
Speaker: TBD
Motivational

April 22
Grand River Center
Women of Achievement
Awards Banquet

Happy New Year!

January Meeting Information

Discovering your life purpose



Dena Stolze

How do you discover the very reason why you exist in life?

Dena Stolze, NICC Health Program Manager, will help you through the process of finding your own unique answer and then finding a way to keeping it with you on a daily basis.

Dena had worked for many years in hospitals in Kansas and Iowa providing education for patients, staff and the community. She is a graduate of the University of Iowa with a B.S. in Recreation Education. Dena is married to Stephen Stolze and has 2 children - Ryan and Erin. In her free time she enjoys playing the piano, reading, walking and is a Hawkeye football fan.

Date: Tuesday, January 22, 2008

Time: 11:30 - noon: Registration, Networking and Lunch • Noon - 1:00: Program

Where: Holiday Inn Downtown

Cost: Member price: \$10.00
Non-member/Guest: \$15.00

Menu:

- Chicken Marsala
- Baked Ham
- Rice Pilaf
- Tossed Green Salad
- Dessert
- Coffee, Milk or Iced Tea

RSVP: by Monday, January 21, 2008 at www.dubuquewln.org

PLEASE NOTE: In order to secure the correct amount of lunches for our meetings, please RSVP. Also, please notify us if you need to cancel. Thank you for your cooperation!

Mark your Calendars!

April 22nd is our 1st annual Women of Achievement Awards banquet. It will be held in the evening at the Grand River Center.

To nominate a woman of achievement go to www.dubuquewln.org and click on the link to the nomination form.

Change in WLN By-laws

The WLN president can approve expenditures that are \$500 or less and does not need the consensus of the board.

Send us your stuff!

If you have a job change, promotion or any news to share please email Pam Brookens: brookensp@osfdbq.org. We would love to share it with everyone!

"A New Year's resolution is something that goes in one year and out the other."

- Author Unknown

Katie Lange named Honkamp Krueger, P.C. Software Solutions Consultant

Dubuque staff accountant and WLN member, Katie Lange is moving from the Honkamp Krueger & Co., P.C. accounting department to its information services department where she will be a Software Solutions consultant. She began working at the firm in May, 1999 as an accounting intern and became staff accountant in May, 2001.



Lange received her BA in Accounting from Clarke College and is currently enrolled in its TimeSaver Program working on a second degree in Computer Information Science. Additionally, she recently received her QuickBooks ProAdvisor Program certification.

Meet A Member

Nancy Laugesen

Nancy is the Assistant Vice President/Business Partner Services at Dupaco Community Credit Union. She has been employed at Dupaco for the past 26 years. Nancy is married to her husband, Mike and they have a daughter who lives in California and a son who is a freshman at the University of Iowa. Oh, and I can't forget to mention they have a spoiled cat that is 11 years old!



way to network and listen to a variety of speakers.

3. What do you like best about being a part of WLN? Learning from other people and understanding more about different professions.

4. What are your passions and dreams? I love making people happy and helping them if I can. I am going on 26 years at Dupaco and have met a lot of great people.

5. What are you most afraid of? Health issues for friends and family. On a less serious note driving in snow in ice on the hills in Dubuque.

6. What is your definition of success? Being happy and healthy and making a positive impact on the lives of others.

7. If you were to receive an award, what would you want that award to be for? For me the way I am, I try to educate and treat people well and put a smile on their face.

1. What did you enjoy most about the December WLN meeting? The speaker was great! I also enjoyed hearing about the different Christmas traditions.

2. Why did you join WLN? To meet other women in the professional world. It is a great

Thank you from Hope House Catholic Worker

Dear Women's Leadership Network –

Thank you thoughtful ladies of intelligence and might! Your \$50 contribution helps us keep going. Friday night, we found a woman sleeping in the parking garage downtown. She was on concrete in this cold weather! So we took her in and now she is warm and eating very well! Thank you for helping us help her.

Peace,
Miranda Dusehack
Catholic Worker
Hope House

"Cheers to a new year and another chance for us to get it right."

- Oprah Winfrey

Sisters: The Gift of a Lifetime . . . A 24-Hour Retreat for Sibling Sisters



**Friday, Feb. 1, 7:00 pm –
Saturday, Feb. 2, 7:00pm**

Facilitators: Shalom Staff
Our siblings, especially our sisters, make us who we are. Recall the memories, the struggles and the

gifts as you move forward on this blessed journey of sisterhood.
Commuters: \$50; Overnight: \$75. Register by Jan. 30.

TO REGISTER, CALL 563 / 582-3592

Valentine Evening for Married Couples: Like Chocolate, Like Marriage



Saturday, Feb. 9, 6:00 – 8:00pm

Presenters: Jeff & Libby Streinz; Sr. Margaret Jungers

Chocolate is the #1 Valentine gift and the perfect metaphor for marriage. Savor the variety of chocolate served throughout this evening of fine dining, as you learn to appreciate more deeply the unique gift of your marriage. Includes optional 5:00pm Mass. \$40/couple. Register by Feb. 4.



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