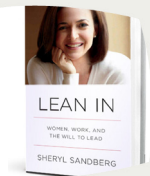




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DUBUQUE



DESIGNED TO PROMOTE AND SUPPORT WOMEN IN BUSINESS AND THEIR PROFESSIONAL PRACTICES.

A LETTER FROM THE WLN PRESIDENT

Leading With Excellence

Women that lead, do so with character, honor and values that are visible. Whether they are a visionary that sits on a board of a non-profit, a small business owner leading a few, or a mother or a wife leading her family. Whatever your role is you must take charge and lead with compassion as well as courage.

Leaders will run toward the problems they encounter in life rather than away from them. Women of unshakeable courage will lead their families through life's journey and stand up for what's right.

Through weakness we gain strength; just because we lead does not mean we won't fall. Part of being a leader of excellence is accepting failures and shortcomings and pushing on. We each have the makings of a leader of excellence and purpose.

Think back in history, who do you model your leadership style by? Throughout our careers we've all worked with a great leader that inspired you with fundamental leadership techniques. I'd like to share some I've learned throughout my journey:

1. Understanding the needs of the team: Effective leaders pay attention to team members and genuinely care about helping them succeed.
2. People Skills: Excellent interpersonal skills are essential for leading effectively.
3. Need for Achievement: Strong leaders have a need to succeed and help the team achieve their goals.
4. Motivation: A great leader knows how to inspire others and motivate them to do their best.
5. Courage: The best leaders are brave and committed to the goals of the team.

6. Perseverance: Strong leaders stick with it when things get difficult and are faced with significant obstacles.
7. Trustworthiness: Team members need to be able to depend upon and trust the person leading them.
8. Decisiveness: A great leader is capable of making a decision and is confident in their choices.
9. Self-Confidence: Many of the best leaders are extremely self-assured. Because they are confident in themselves, followers often begin to share this self-belief.
10. Assertiveness: A great leader is able to be direct and assertive without coming off as aggressive.

Please join us at the October Luncheon. As you may have guessed, the theme is "Lead Yourself First...With Excellence". Deb Salz will be presenting Leadership Excellence through Mickey Mouse. As Walt Disney said, "If you can dream it, you can do it. Always remember that this whole thing was started by a mouse." See you there.

Sincerely,

Kim Budde
President, Dubuque Women's Leadership Network



Welcome New Members:

Dena Petersen – American Trust

Diane Unga – Sedona Staffing Services

Jodi Faustlin – Dubuque Internal Medicine

Kelly Kohlhaas – Ruhl & Ruhl

Kimberly Lambert – IBM

Laura Markham – Theisen Supply

Michelle Roling – McGrath Auto

Nicole Stephenson – McGrath Auto

Shannon Lungren – Trackside Bar & Grill

MEET A MEMBER: Laura Cooley



American Trust
Director of
Professional Development
lcooley@americantrust.com
563.582.1841

1. Tell us about your family and social life.

I have been married to my wonderful husband, Lance for 9 years. We have two adorable (most of the time) boys at home. Aidan is 6 years old and is in 1st grade this year at Carver Elementary and Christian is 3 years old and started Preschool at St. Joseph's the Worker. I have lived in Dubuque for most of my life, and I have to say, sometimes I forget about all of the wonderful attractions we have here! I enjoy spending time with my family and friends, shopping and visiting our local wineries when possible.

2. Where do you work and what do you do there?

I work at American Trust & Savings Bank. I have been with American Trust for 8 years. I am the Director of Professional Development in the Human Resources Department.

3. What was your biggest takeaway from the conference that you feel you will be able to apply in your work life, home life or both?

When I left the conference I felt empowered, inspired and motivated. There are several topics mentioned that I could incorporate in both my work life and home life. I think the biggest lesson learned for me was to take time for myself and to focus on one task at a time. There are so many distractions in everyday life that sometimes I do need a reminder to "stop and smell the roses."

4. What is your favorite restaurant?

I would have to say Vinny Vanucchi's. I absolutely love Italian food!

OCTOBER LUNCHEON Lead With Excellence

Meet Our Speaker

Debra A. Salz is a quadruple threat: trainer, facilitator, coach, and motivational speaker extraordinaire.

This isn't Debra's first rodeo. She has motivated, challenged, and (dare we say) dazzled participants since 1993. Yes, you read that right.

She has the smarts to back it all up, too. Debra is a licensed social worker through the state of Iowa, earned her BA from

Buena Vista University, and her AA from North Iowa Area Community College. Debra has spent her life, both professionally and personally, providing customized training programs and keynote addresses to businesses, organizations, and clients through her "toolbox" methodology.

And while based on her energy level you'd likely assume that coffee runs through her veins, you'll be shocked to know she doesn't drink the stuff. Debra is fueled by 100% fruit juice.

To learn more on our speaker. <http://dsalz.com/>

REGISTER NOW OCTOBER LUNCHEON

Date: October 27, 2015

Time: 11:30 a.m. - 1:00 p.m.

Location: Holiday Inn - Main St

Topic: Lead Yourself First...With Excellence.

Leadership Excellence Through Mickey Mouse

Presenter: Deb Salz

RSVP: Noon, Friday, October 23

\$12 for members \$15 for guests. (There is a \$3 additional fee for registering after this time so be sure to register early!) Use the online registration form at DubuqueWLN.org.

SAVE THE DATE UPCOMING LUNCHEON

Date: Tuesday, November 17, 2015 - Members Only Luncheon

Time: 11:30 a.m. - 1:00 p.m.

Where: Grand River Center

Speakers: Liza Johnson & Tabitha Bartelme

Topic: Lead Yourself First...With Empowerment. Increasing your Emotional Intelligence

Cost: \$15 for members

RSVP: Noon, Friday, November 13

\$15 for members. (There is a \$3 additional fee for registering after this time so be sure to register early!) Use the online registration form at DubuqueWLN.org

Two Sessions to Choose From

Morning Session:

Meeting Date: 1st Thursday of each month
7:30 a.m., American Trust JFK Branch

Evening Session:

Meeting Date: 1st Wednesday of each month
5:30 p.m., Tony Roma's

If you'd like to take part in the next connections group please contact:

Justine Bemis (jbemis@americantrust.com) or Lisa Schaefer (shinewithschaefer@gmail.com)

wln CONNECTIONS



LEAN IN

WOMEN, WORK, AND
THE WILL TO LEAD

SHERYL SANDBERG
COO of FACEBOOK

WLN Connections: It is a great way to connect with like-minded professional women.

Share your news! E-mail new positions, promotions, engagements, weddings, baby news, etc. to info@dubuquewln.org

LEADERSHIP CONFERENCE RECAP

On Wednesday, September 2, 2015, the Women's Leadership Network of Dubuque hosted the 13th annual Women's Leadership Conference themed, "Lead Yourself First...With Intention!" The morning started off with the fun and energetic, Elizabeth McCormick, who showed us that we all have the power and tools to lead. Then attendees then listened to two workshops from Sarah Young that got everyone thinking and moving. We wrapped up with Darcy Luoma speaking on intellectual intelligence through humor and personal stories followed by networking and prizes!

WLN sends a gracious "thank you" to all of our sponsors:

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Silver Sponsors: John Deere, Kunkel & Associates

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Supporter: The Friedman Group and State Farm – Rachel FitzPatrick

Contributer: Family Beer & Liquor, Holiday Inn and the Hotel Julien



Also, thank you to our guest speakers, volunteers and the attendees for making this year's conference another can't-miss event!

LUNCHEON BOOTH SPOTLIGHTS

Showcase your business or volunteer opportunities at a monthly luncheon. Open dates are available! There will be a max of 2 booths per luncheon and are on a first call first served basis. Please send your booth request to Katie Kenne at: kkenne@DubuqueFightingSaints.com



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