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DUBUQUE

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

A LETTER FROM THE WLN PRESIDENT

What seed are you planting this spring?

March is one of my favorite months. It's a time when we begin to awaken and become energized for the season of spring. Also, being in the midwest it's a time for planting seeds, in hopes for a great harvest. What seeds are you planting this season, that will help you continue to focus on leadership?

In many of my leadership presentations people ask, "What is the number one characteristic that makes people successful in leadership?" In my travels and studies with Dr. John Maxwell's team, I believe the key to successful leadership is empathy and relationship building. When we begin to try and understand the story of others, and focus on how we can add value to each other as professionals we increase our influence. Leadership is influence, nothing more, nothing less. What are you doing to learn more about others? Are you focusing on their strengths? Are you developing, inspiring, and motivating others? These are the seeds I try to plant daily.

We are currently planting seeds of positivity and connection with the WLN Connections Group. We are focusing on the ten rules for successful living in the Energy Bus by Jon Gordon. In the book there is an exercise to increase your energy, "The One Great Golf Shot Theory." This is a practice to keep the positive energy flowing in our lives on a daily basis. This theory revolves around the game of golf. Golfers

focus on the one great shot they had during the day, instead of focusing on the bad ones. Gordon's advice is to do this in life. Before bed, focus on the one (or more) great shots you took throughout the day. Pair this with the thank you walk and positive energy will be flowing all over! Plant seeds of positivity in your mind to help build your influence.

Connie Hodge has planted great seeds of energy and influence. She will be presenting at our March Luncheon. Connie has been leading, inspiring, and motivating employees to focus on the power of how to "own it." Join us this month as she plants the seeds to help us get re-energized for a great spring.

Lisa



President, Dubuque Women's Leadership Network



MEET A MEMBER:

Caitlin Meyers

Client Service Representative
Kunkel and Associates, Inc.

caitlin.meyers@kunkel-inc.com

1. Tell us about your family and social life.



I moved to Dubuque when I was 16, my dad became the principal at Wahlert Catholic High School. Before that, I was born and raised in West Des Moines, IA. My mother works for St. Elizabeth Pastorate, and I have a brother named Kevin Meyers (26) and a sister named Colleen Meyers (21). All of us live in the Dubuque-Area. I graduated from Western Illinois University (Macomb, IL) in May 2016 with a BA in Communication, and a minor in Journalism, emphasis in Public Relations. In my free time, I like to attend fitness classes at Signature Gym. I am getting married in Dubuque on September 9, 2017, so I am also busy planning a wedding.

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

I work at Kunkel and Associates, Inc. I started in August 2016. I am a Client Service Representative. Some of my duties include, issuing certificates of insurance, processing policy renewals, and processing our insured's monthly reports. I am also a member of K&A's Wellness Committee. We meet once a month to plan K&A events & lead the office through a year-long health initiative, and monthly health challenges.

3. What is your favorite tip/trick when networking?

My tip is to arrive a little before the event begins. It is less intimidating to enter a room that is less-full rather a room where every seat is already taken. Those who arrive early can engage one-on-one with others before the room gets too loud. It is also easier to approach an individual rather than to enter a conversation with multiple people. Also, people often remember the first person they met more than those they interacted with during or at the end of an event.

4. What is the biggest risk you have ever taken and is there anything you would do different?

The biggest risk I ever took was attending an out-of-state college where I only knew three people. This risk definitely paid off. I grew up a lot in those four years. By not following a group, I was able to really get involved and make new connections. I helped found a new sorority on campus, was a member of, a peer mentor and an ambassador for the Honors College, was a member of Public Relations Student Society of America, was involved in many service organizations such as Special Olympics, Dance Marathon, and Girls on the Run, and interned for WIU's University Relations office. College prepared me for the professional world by helping me learn to be disciplined, work hard, stick to a schedule, and work with others through challenges in various organizations.

3. What are you most looking forward to with spring around the corner?

I am looking forward to the warm weather. I enjoy being outdoors, and going on walks and bike rides when the weather warms up. I am also looking forward to my wedding in the fall, of course! I hope to do a little traveling this summer as well.

SAVE THE DATE

WOMEN OF ACHIEVEMENT AWARDS

Date: Thursday, April 20, 2017

Time: 5:30 p.m.

Location: Grand River Center

Nominate women in your organization, church, family and community who you feel deserve recognition for their tremendous impact and outstanding achievements.

REGISTER NOW

MARCH LUNCHEON

Date: March 28, 2017

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

Topic Title: Own It

Presenter: Connie Hodge

Location: Grand River Center

Menu: Chicken Caesar Salad and Raspberry Cheesecake

Cost: \$15 Members, \$20 Guests

RSVP: Noon, Friday, March 24

MEET OUR SPEAKER



Connie Hodge has become the go-to gal in wellness and leadership over her career. Connie is a Fitness Consultant and owner of cbh-inc where she trains and offers guidance to local wellness facilities and residents. She has held many roles in the health and wellness field, ranging from Coach to Athletic Director to Wellness Director and many more. Connie's biggest

passion in life is her family. Spending time with her husband, kids, and grandson are her favorite past times. Luckily, she has instilled a passion for wellness in all of her loved ones so they are often biking, hiking, swimming or strength training as a family. Connie also loves travel. She is recently returning from a scuba diving trip in Bonaire and climbed Mt. Kilimanjaro in Africa last year.

You will not want to miss on out this luncheon. Connie will guide you through leadership and confidence, body image and happiness. How do you make yourself happy? You shake it up a bit, and you "own it!"

Welcome New Members:

Danielle Lex

Alicia Michels

Sue Lawler

Tricia Sullivan

Connie Beaver

Abbey Kass

Jen Degenhardt

Jenna Schneider

Laurie Paulsen

Carla Waterman

Joscelyn Lincoln

Sandy Lange

Holly Bratten

Corissa Frederick

Jan Powers

Michelle Reidy

Kristie Their

Sherry Yonda

Paula Ervolino

Tanya Moore

Brittany Mutz

Cindy Hilkin

Abby Scherman

Jenna Shultz

Jan Breitbach

Tracey Larson

Dawn Danielson

Caitlin Meyers

Danielle Peterson

Carrie Cannon

The logo for the Women's Leadership Network (WLN) features the lowercase letters 'wln' in a red, cursive script font. A thin grey line is positioned beneath the letters.

WOMEN'S LEADERSHIP NETWORK



WOMEN'S LEADERSHIP NETWORK

Women of Achievement Awards

The Women's Leadership Network invites you to nominate women in your organization, church, family and community who you feel deserve recognition for their tremendous impact and outstanding achievements.

Your nomination guarantees recognition of your nominee at the event. In addition, the Recognition Committee will select one or more outstanding honorees in each of the six nomination categories. *The nominee does not need to be a member of the Women's Leadership Network.*

NOMINATION FORMS ARE AVAILABLE AT:

www.dubuquewln.org

Awards ceremony will be held:

Thursday, April 20, 2017

AT THE HOTEL JULIEN DUBUQUE

Contact Kelly Wenzelman at 563.580.6910
or email kellywenzelman@cottinghambutler.com with any questions.

DO YOU KNOW A WOMAN WHO DESERVES RECOGNITION?

NOMINATE HER TODAY!

NOMINATIONS ARE DUE BY MARCH 24, 2017

- MEMBERSHIP RENEWAL -

Renewal time for WLN was January 1, 2017.
Haven't renewed yet? [Click Here.](#)

Check online for NEW membership options from all inclusive to Corporate Packages

Please contact Diana Miller Membership Director, with any questions: diana.miller@kunkel-inc.com

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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WOMEN'S LEADERSHIP NETWORK