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DUBUQUE *wln*

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

A LETTER FROM THE WLN PRESIDENT

“Don’t get yourself so stressed out”...

Has anyone said that to you? Like me, do you want to tell that person to stick it where the sun doesn’t shine? Clearly we aren’t in one of our sunniest moments & more often than not- it’s the last thing we want to hear. We all have times when we feel the day was a total waste of makeup!

Stress is an automatic response from your nervous system. Some stressors arise at predictable times such as a meeting with your boss, a commute to work or certain gatherings. When handling predictable stressors, you can either change the situation or change your reaction. It’s helpful to think of the four A’s. Avoid, alter, adapt or accept.

Avoid. It means saying “no”. Know your limits and stick with them. Taking on more than you can handle is a recipe for stress.

Alter. Don’t bottle stuff up. If something or someone is bothering you, be more assertive & communicate your concerns in an open & respectful way. If you don’t voice your feelings, resentment will build & the stress will increase. Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. If you’re both willing to bend you’ll have a good chance of finding a happy medium.

Adapt. Try to view stressful situations from a more positive perspective. Rather than getting upset over a traffic jam, look at it as an opportunity to regroup, unwind, listen to some good music & enjoy the alone time. Adapt also by letting go. Adjust your standards if you are a perfectionist. Set reasonable standards so

you aren’t setting yourself up for failure.

Accept. Many sources of stress are unavoidable. You can’t prevent or change stressors. Focus on the things you can control and the way you choose to react to problems.

Avoid Alcohol. Wait...that’s wasn’t one of the A’s! That’s what the experts say. Good thing I’m not an expert on this topic. Having a glass of wine & hanging out with a close friend works for me. Nothing takes the edge off like a glass of wine or a cold beer after a hard day. Everything in moderation.

Deb May is presenting at our March luncheon to teach us more about stress relief. I’m eager to learn more about it – I hope you are too. See you there!

Kim Budde



President, Dubuque Women’s Leadership Network



A New and Improved dubuquewln.org!

Please take time to explore our new website. The content remains generally the same, but we were able to simplify the information and pages. If you recall from an earlier communication, registration for luncheons, networking events and conferences will all take place via the website. Additionally, WLN enrollment and renewals will all happen through the website as well. We appreciate your patience with our old website, patience in inevitable errors as we work through the new website, and support in our attempt to go green and accepting all payments online. We hope you enjoy it!

MEET A MEMBER:

Gwen Moser

Manager

Eide Bailey, LLP

gmoser@eidebailly.com



1. Tell us about your family and social life.

My husband, Brett, and I have three sons. The oldest boy is attending Iowa State while the second is a high school senior considering UNI. The youngest is a high school sophomore, therefore, Brett and I are preparing for an "empty nest" in the not so distant future. It is bittersweet. During our spare time we spend quite a bit of time with family, watch our fair share of sports, and enjoy traveling.

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

I will be celebrating 25 years with Eide Bailly LLP this year. I started my career with the CPA firm upon graduation from Loras College and have enjoyed several opportunities as my career progressed from an entry-level accountant to Partner. My focus area is in the health care and non-profit industries providing consulting and audit services.

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

Not sure if this would be perceived as a risk, but there was a time that I graduated from college, started my new job with Eide Bailly, sat for the CPA exam and got married all in about a two week time frame. In the end, it "paid off," all were successful! Would I do anything different? Probably not!

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

Listen – note key areas of interest about the other person while talking with them, take a mental note. Networking takes time as you are building a relationship over time. Remind yourself of that person's personal and work interests the next time you see them and make an effort to mention it or ask about it. Also, identify with a person's needs: enter into a conversation with the mindset "how can I add value for this person", whether it be through a connection or referral to another individual or through your own services.

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

Watching all the bulbs I planted last fall pop out of the ground (hopefully)!

REGISTER NOW

MARCH LUNCHEON

Date: March 22, 2016

Time: 11:30 – 1:00

Topic Title: Lead Yourself First...With Stress Relief
Stress Relief/Ergonomics in the Workplace

Presenter: Deb May

Location: Hotel Julien

Menu: Chicken Salad Croissant served with Homemade Potato Chips,
Dessert

Cost: \$15 Members, \$20 Guests

RSVP: Noon, Friday, February 19

[Click Here to register today!](#)

SAVE THE DATE

WOMEN OF ACHIEVEMENT AWARDS

Date: Thursday, April 14, 2016

Time: 11:30 – 1:00

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.

Check out the next page for more information.

#HASHTAG WLN NETWORKING EVENT RECAP

As a part of our WLN mission to develop, connect and recognize women, we hosted our Networking Evening on Tuesday, Feb. 23rd from 4-5:30pm at the Holiday Inn in downtown Dubuque.

It was a chance to meet, share and be creative with other like-minded women. The event kicked off with a welcome from Kim Budde, President of WLN, who shared the importance of social networking.

Over 20 members had a chance to create #hashtags for pictures that were displayed and then discussed what the picture meant to them in their personal and professional lives. Visuals ranged from serious to humorous depictions of everyday life.

WLN social networking events and luncheons provide a laid back atmosphere to chat with women, and often lead to many opportunities and potential ways to work together. Face-to-face networking events create lasting impressions in the minds of people you meet and encourage collaboration in our community. #WLNNETWORKINGISTHEBEST

Welcome New Members:

B'Ann Dittmar - Clarke University

Becky Jaeger - Kunkel & Associates

Jen Raber - Honkamp Krueger

Jennifer Ready - HK Financial Services

Karla Hagerty - Honkamp Krueger

Shannon Hunger - Honkamp Krueger

Tasha Kafer - Grand River Center

Tasha Redmond - Grand River Center

Tera Muller - State Farm Insurance



WOMEN'S LEADERSHIP NETWORK



W O M E N ' S L E A D E R S H I P N E T W O R K

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 14, 2016

AT THE GRAND RIVER CENTER

Contact Chelsea Ellingson at 563.543.2657
or email ellingson.c@gmail.com with any questions.

DO YOU KNOW A WOMAN WHO DESERVES RECOGNITION?

NOMINATE HER TODAY!

NOMINATIONS ARE DUE BY MARCH 18, 2016



Invite Someone You Know to Join WLN Today!

“The richest people in the world look for and build
NETWORKS.

Everyone else looks for work.”

~Robert Kiyosaki

Share your passion for WLN with a friend or colleague by encouraging them to be part of the Women's Leadership Network today. Provide them with the opportunity to take advantage of all the great benefits you receive as a WLN Member, while at the same time building your own personal network to share best practices.

It is easy to do!

1. Beginning **November 1**, both new and existing members can join or renew their WLN membership through December 31, 2016 for just \$75.
2. Corporate memberships consist of 5 participants at the rate of \$350 (\$70 per member), so if you have a group of 3 or 4, it's a great reason to recruit an additional member or two!
Thank you to our current Corporate Memberships, American Trust & Saving Bank and Dupaco Community Credit Union.
3. When referring a friend or colleague to WLN, have the person(s) you are referring select the '**Referred by a Current WLN Member**' button on the WLN registration page and make sure they reference your first and last name.
4. You will receive one entry in our drawing that will take place at the March Luncheon for each person you refer who becomes a WLN Member from November 1, 2015 - March 15, 2016. **Five lucky winners will receive great prizes and you do not need to be present to win!**
5. We will also recognize the individual with the most referrals from November 1, 2015 to March 15, 2016 at our annual Women of Achievement Awards Dinner.

It is that simple to make a difference in a friend or colleague's career by showing them how to start their own WLN journey today.

For answers to any questions you may have about referring a member or our Corporate and All-Inclusive membership packages, please contact Membership Director, Jennifer Mond at jmond@pltnm.com.

Thank you for your continued support!

www.DubuqueWLN.org

- MEMBERSHIP RENEWAL -

Renewal time for WLN was January 1, 2016.
Haven't renewed yet? [Click Here.](#)

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

Please contact Jennifer Mond, Membership Director, with any questions: Jennifer.Mond@cesco.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



CONNECT WITH US:

Contact a Board Member or Follow Us Online

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