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DUBUQUE



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

A LETTER FROM THE WLN PRESIDENT

Life is made up of challenges

Life is made up of challenges. And, often times we are faced with situations we perceive to be insurmountable. In times of uncertainty, many of us lack the internal compass to guide ourselves back into the light. Our thoughts turn to negativity and we inadvertently use our fears and emotions to our own detriment. Conversely, it is the ability to focus our thoughts, emotions, and energy that allows us to achieve success—if only we have the knowledge, tools, and discipline to do so.” —Holly Hoffman, Your Winner Within

These words ring true so many times in leadership. We are excited to feature Holly Hoffman as the Opening Keynote Speaker at our 15th Annual Women’s Leadership Network Conference on September 13, 2017, from 9 a.m.-4 p.m. at Hotel Julien.

Research has shown that a true leader shines when faced with adversity. It’s in times of struggle and stress that people look towards the leader for guidance and hope.

Our conference theme, Empowered Women Empower Women is a testament to us as women to drop the competitive nature and embrace the importance of collaboration. The conference will also include various panelists who will share their leadership stories, provide tips on social media, political careers, team work and the power or persistence.

Hope that you will join us for our 15th Annual Conference and that you will leave empowered and inspired to continue to add value to the organizations you work for and the people you serve.



Lisa M. Schaefer

Lisa Schaefer
President, Dubuque Women’s Leadership Network

MEET A MEMBER:

Heather LuGrain

Opening Doors

hlugrain@openingdoorsdbq.org



1. Tell us about your family and social life.

I've been happily married to AJ LuGrain for four years. We enjoy taking walks together, going to movies and spending time with our three small dogs. I like to do similar activities with my other friends and family members. One of my favorite activities is taking my niece and nephews to the park.

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

I work at Opening Doors and have been a part of this wonderful agency since 2010. I started part-time and have worked my way up to Opening Doors Program Director. I oversee the Maria House, Teresa Shelter and a permanent supportive housing program. Every day is different and difficult but celebrating the small and big successes with our families is the best part of my job.

3. How do you develop yourself as a leader?

I believe that self-awareness is one of the main keys of leadership. I always try to be aware of my surroundings and how I handle myself. There are times that I fail but I remember that failure is just an experience to learn from. Connecting with people and learning as much as possible is also how I develop in my leadership role.

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

When networking I think it is important to try and make a connection with other professionals and make it an enjoyable learning experience. Generally, when you can put a smile on someone's face you've left a good impression and made a great connection.

5. What is your dream vacation?

My husband and I dream about going to Bora Bora and staying in a bungalow on the ocean. It looks so beautiful and peaceful!

wln REMINDERS



REGISTER NOW!
www.dubuquewln.org

\$95 Members
\$125 Non-Members

15th Annual Women's Leadership Conference
Empowered Women Empower Women

Wednesday, September 13th, 2017

Hotel Julien Dubuque
8:00AM - 4:00PM

wln
WOMEN'S LEADERSHIP NETWORK

REGISTER NOW: OCTOBER LUNCHEON

Date: October 24, 2017

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

Topic Title: Leadership Presence

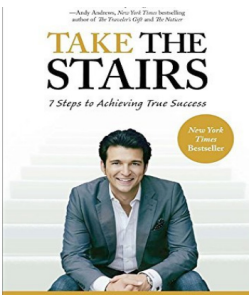
Presenter: B'Ann Dittmer

Location: Grand River Center

Cost: \$15 Members, \$20 Guests

RSVP: Noon, Friday, October 20

Join our Fall Connections with Justine Bemis



How do successful people achieve results? In short, they do it the old-fashioned way, with focus and self-discipline. Popular speaker and strategist Rory Vaden presents a simple program for "taking the stairs"—that is, resisting the temptations of "quick fixes," eliminating distractions, and transcending personal setbacks in order to reach your goals.

Justine Bemis will lead group discussions surrounding the New York Times bestseller, Take the Stairs - 7 Steps to Achieving True Success.

Fall Connections will meet on Thursday's, beginning September 14 - October 26, 2017 at American Trust and Savings Bank, downtown location.

For more information please contact Justine Bemis at jbemis@americantrust.com.

Welcome New Members:

Heather Dettmer
Kristyn Avalos

Kaley Rigdon
Ellen Dettmer

Lisa Wittman
Michelle Blanchard

Christina Welter
Jill Black

Christel Tatro
Robyn McDermott

Check Out the Women's Business Factory!

The Women's Business Factory is a resource for women of all backgrounds to encourage entrepreneurial and leadership development. The Factory promotes a safe space for businesswomen to encourage each other's unique business skills and mentor their growth as business leaders.

We would like to invite you to a focus group where we can have a conversation about what type of questions you might have on business creation and growth. Owning a business takes a certain inquisitive personality who is a risk taker. The rewards are great but is definitely not for everyone. We want to create workshops and speakers to address the needs of women in business. We value the women in our community and want to be of service.

For more information please contact Mary Parkin, founder and director at mary@parkinadvisors.com or visit www.wbfactory.org.



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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