

# JANUARY NEWSLETTER

association of  
**awbo**  
women business owners

## PRESIDENT'S MESSAGE



January...a new year...a new chapter, and this January begins a new decade! I invite each of you to reflect on the past year and to not only think about but write down the things that were most memorable to you (if you aren't already keeping a daily journal which I highly recommend!) from 2019. What challenges did you overcome? What challenges have lingered? What "lit you up"? What made you cry? Are you happy with the progress that you have made both personally and professionally in 2019? And if there are areas where you aren't satisfied...what are you going to do about it in 2020? The areas where you are...how are you going to continue that momentum into and through this new year?

Take a half day, get somewhere without distractions, turn on some music that helps you to be relaxed and creative...then really contemplate and reflect...draw or write that which comes to you. When you finish that, reach out to someone who can help you to map out your answers in a way that is authentic to you and be your accountability partner in 2020. Maybe you hire a coach, or maybe you find an accountability partner within the community of AWBO for a less formal arrangement. Maybe AWBO's mentoring program is a good choice for you. Whatever you're comfortable with...go one step up from that if you really want to stretch and grow.

Remember...we all struggle with the same things...time, motivation, clarity and balance...to varying degrees. But...YOU have chosen to join an organization with other dynamic women committed to sharing, encouraging and uplifting one another! Helping each other through the struggles and coming together to celebrate the successes that we each have in our lives and businesses. An organization committed to providing programs that give you valuable information that you can use right now in your business and your life! I can tell you that from the "front" of the room...observing, listening and absorbing...each and every one of you brings unique and beautifully gifted talents, skills and spirit to our meetings. I look forward to every 2nd Tuesday of the month to be "filled up" with the energy and light that you bring with you and so graciously share with all of us.

I challenge you for 2020 to commit to being intentional in your personal and professional development, and to bringing another exquisite woman along with you on your journey. When we walk alone we learn and grow incrementally, but when we walk together we learn and grow exponentially! (And it's way more fun!)

**Shelly Bays**

**AWBO President**

**EDGE Development Group**

*Cheers to you and your best year yet!*

## CONNECT WITH AWBO ONLINE!



### Member's Only Facebook Group

Promote your business to other members and get information for members only.



### Public Facebook Page

Monthly meeting information and event listing.

# JANUARY MEETING INFORMATION

## HOW WE MEET PROFESSIONALLY



*"This could have been an email!"*

*"That was such a waste of time."*

If you've ever left a meeting feeling this way, Emily Carter knows just how you feel - she's been there. Being responsible for coordinating over 150 meetings and events in the past year, she's learned (often the hard way) just how meetings can impact our workday and how work gets done within our business. Emily will share the ins and outs of how we meet, why it matters, and how to escape the "bad meeting doom loop" once and for all.

### ABOUT EMILY

Emily Carter's career spans wildly different sectors. She has worked as a touring roadie, facilitated the use of video in cutting edge educational research, and most recently worked to establish a flourishing and vibrant shared workspace at MatchBOX Coworking Studio. These many twists and turns have turned her into a Swiss Army Knife of "get it done" for innovative ventures, able to turn potential energy into kinetic energy. She now works at Change Agent Studio, a boutique business consultancy that focuses on the transitions that happen in the life of startups, small businesses, and creative ventures.



*Thank you to Jennifer Thompson (Schug Awards & Gifts) for providing a gift for this month's speaker!*

### 3-MINUTE SPOTLIGHTS

Melanie Nemachek (Health by Mel)

Jennifer Thompson (Schug Awards & Gifts)

### IMPORTANT MEETING REGISTRATION INFORMATION:

The cost to attend an AWBO meeting is \$5. An optional lunch buffet is available at our monthly meetings for \$16 (meeting cost included). The buffet will include chicken dish, 2 vegetables, salad, dessert, and beverage. **REGISTRATION IS REQUIRED FOR ALL MEETING ATTENDEES.**

#### TO REGISTER AND PAY FOR THE MEETING:

- Go to [www.awbo.org/events](http://www.awbo.org/events)
- Select appropriate option and follow the on-screen instructions to pay
- Registration closes at noon on Friday, January 10th.

#### IMPORTANT NOTES:

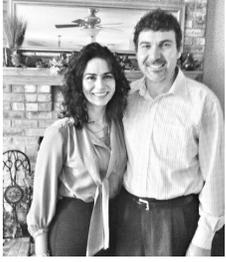
We are NOT able to accept payment on the date of the event. In the event that you make a purchase and are unable to attend, we are not able to offer refunds.

11:15am - Lunch Buffet opens  
11:45am - Meeting begins  
1:00pm - Meeting adjourns

*Don't forget to register by Friday, January 10th!*

## MEMBER TESTIMONIAL

### VOLTISA VASILI (V's Delicacies Catering)



A myriad of thanks to Jan Nielsen for inviting me to give Association of Women Business Owners a try and later join as a member. It has truly been a wonderful experience to be part of a group of women that are of an encouragement to one another, that do cheer you on, that support you and really care.



## DON'T MISS THE JANUARY MEETING!

We'll be sharing how AWBO will be helping the Cary Home for Girls this year!

## BOARD MEMBER SPOTLIGHT

### JENNIFER THOMPSON, VP OF PROGRAMS



**BUSINESS (when opened):**

Schug Awards and Gifts, 3 years (40 years under previous ownership)

**FAMILY:**

Married with 2 kids and 2 dogs

**TV SHOW I NEVER MISS:**

The Office (now I watch re-runs)

**WHAT JOB DID YOU HAVE IN HIGH SCHOOL?**

Hostess at O'Charley's

**WHAT BOOK HAVE YOU READ THAT HAS INFLUENCED YOU (PERSONALLY OR PROFESSIONALLY), AND WHY?**

Harry Potter - they are just my favorite and I can't wait to share them with my kids!

**IF YOU HAD A SUPERPOWER, WHAT WOULD IT BE?**

Flight

## WELCOME NEW MEMBERS

Bri Powell (Caldwell Commercial Banker Shook)

## GUESTS AT DECEMBER MEETING

We had 47 guests in attendance for the Holiday Auction!

HAPPY NEW YEAR

## EVENTS & ANNOUNCEMENTS:



As an AWBO Member, your set-up fee (\$99) for any membership at MatchBOX Co-working studio is waived! As a MatchBOX member, you have 24-hour secure access to a shared working space with an unlimited supply of coffee and snacks. You can bring your laptop, or any other work materials, and find a place to work for as long as you need. You can learn more about MatchBOX, and all it has to offer, at [www.matchboxstudio.org](http://www.matchboxstudio.org).

Create connections with other AWBO members!

**WOMAN  
TO  
WOMAN**



Sign up at the monthly meeting!

A - Achievement you are most proud of?  
W - Wish list, what is one of your big dream items?  
B - Business advice, what is the best advice you have ever received?  
O - Organizations you are involved in?



**GROW**  
with AWBO

A 3-month mentoring program to help you  
GROW your greatest investment - YOU!

Be matched with an AWBO mentor and explore the following:

- G - Gifts, Goals, Growth
- R - Reading, Resources, Reward
- O - Objective, Obstacles, Outcomes
- W - Why, When, What's Next

Contact Deb Plue to sign up as  
a mentor or a mentee!  
([DPlue@shepherdins.com](mailto:DPlue@shepherdins.com))

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### 2019-2020 AWBO BOARD:

**President:**

Shelly Bays

**President-Elect:**

Jenna Isch

**Secretary:**

Tammy Foley

**Treasurer:**

Shirley Pence

**VP Membership:**

Amanda Snider  
Jill Walker

**VP Communications:**

Debbie McGregor

**VP Hospitality:**

Jennifer Betourne  
Karissa Mooney

**VP Programs:**

Deb Plue  
Jennifer Thompson