



**Maia Chapter's
District V
VP Luncheon
~
Surviving
and
Thriving!**

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Mission Statement of the American Business Women's Association

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

Maia's Executive Team Update

It's that time of year again — when we all reevaluate our lifestyles to create new goals, habits, or intentions for the new year ahead. There is something so exciting about the start of the new year. The possibilities are endless, as we make goals, pick up new hobbies, and look forward to many adventures in the months ahead. During times of adversity, such as the COVID-19 pandemic, **thanks and gratitude** are critical to sustaining a hopeful outlook.



The age-old ritual of giving thanks, practiced in most cultures, is not just a wonderful bonding experience; but it actually helps us manage our stress too. At the end of *this* year, we could certainly all use a little communal therapy!

Some believe that being appreciative of someone or something in your life can actually attract more of the things you appreciate and value in your life...kind of the "what goes around comes around" theory. thankfulness is actually good for you!

Maia’s Executive Team Update (Cont’d)

Because thankfulness often creates positive feelings, and positive feelings contribute to individual well-being,

As we take stock during this uncertain time, it may feel like a lofty goal to celebrate; but history (as evidenced by survivors of past natural disasters, personal losses – and pandemics) tells us that focusing on **gratitude** at our lowest points can help with recovery from trauma and instill emotional stamina and resilience. Here are some ways to build a habit of gratitude:

“Three good things” each day. Write down three good things at the end of each day – they can be big or small things – that made a positive difference in your day.

Gratitude Journal. Take a few moments throughout the week to write down experiences or moments of gratitude that happened in your life.

Gratitude Letter. Write a letter to someone expressing thanks and share your appreciation to them. Challenge yourself to read your letter to them over Zoom or in person, socially distant, as a deliberate way to share your feelings of gratitude.

Gratitude Jar. Find a jar and several slips of paper. At the end of every day, write down

one or two blessings/experiences of gratitude to get in the routine of focusing on gratitude.

Gratitude Walk. Take a walk and make special intention to appreciate your surroundings.

Gratitude
Red & Howling Wellness Flashcard No.1

Gratitude is not only one of our most important positive emotions, but also one that links directly to our physical and mental well-being.

"Life is beautiful. People are lovely. Trees are pretty. Flowers are nifty. Dogs are cuddly."
"Life is poop. People are irritating. Trees take up space. Flowers are boring. Dogs are loud!"
Cultivate thoughts of appreciation and silence the demons in your head.

Recent studies on gratitude show that the not-so-grateful ogre experiences higher levels of stress and has a weaker immune system, and doesn't recover as quickly from surgery and illness.

Daily Gratitude: Begin and end each day with thoughts of gratitude (even if you lose your wallet or your pants that day!).
Thank the sun for rising. Let people know you are grateful. Cherish all sentient beings. Be grateful for food. Share your time. Give things away. Laugh a lot. Be kind!

Sit quietly for a moment each day and think of everyone and everything that you are grateful for in your life.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lit the flame within us."
—Albert Schweitzer

a simple gratitude exercise

- Think of someone that warms your heart.
- Remember things they've done to encourage you, inspire you, and lift your spirits.
- Write them a note of gratitude. Don't censor or edit your heartfelt thoughts. Enjoy the process and let the gratitude flow!
- Deliver your Simply Grateful postcard.
Warning! There is no limit to how many Grateful postcards you can write!

Visit: RedandHowling.com for more fun cartoons & Pet Tips ©2020RedandHowling



Maia's Executive Team Update (Cont'd)

In the spirit of things we hold dear such as hope, courage, wisdom, openness, kindness, and endless curiosity, I wish you and yours a 2022 filled with love, happiness, and inspiration. Without sounding too sappy - I am grateful for the opportunity to serve on the Maia board representing such an amazing group of women; and I'm thankful for the role that each of you plays in our Chapter.

As members of the ABWA Maia chapter, always remember where we started and where we are going. Stay strong, focused, and keep moving forward. I look forward to when it finally becomes safe for us to gather in person and until then, I'll see you on Zoom!

Best,

Vicky Vincent

Secretary, Maia Chapter



Riley Says Happy New Year !!



Quote of the Day

“Don't worry about being successful but work toward being significant and the success will naturally follow.”

- Oprah Winfrey



2021 National Women’s Leadership Conference Reports—November 4-6

Maia Chapter awarded scholarships to Mary C, Diane and Wiebke to attend this years’ NWLC Sharon, Delores and Dominique attended the conference as well.

Wiebke Hagedorf-Schroeter

Thank you, Maia Chapter members, for sponsoring my registration to attend the 2021 virtual National Women’s Leadership Conference of ABWA in early November! It truly were 3 very interesting 3 days!

I exercised my voting rights and participated in ABWA’s first ever virtual election of the national leadership team.

I attended the ABWA’s Best Practices in League Management recognition where I heard about the large chapters’ activities (they have more than 100 members!) and saw our video being broadcasted. Maia Chapter was the only Level III chapter to show a video, and it was just great! We got so many congrats and positive feedback on the video in the chat, I wish you all could have witnessed that!

Having chosen the B Track and not the ABWA KU-MBA A Track, I heard several amazing women speak about very interesting topics. These two presentations really caught my attention:

Lisa Lieberman-Wang: Go for the “No’s” – There is this one sentence that stuck with me: **“Don’t take No’s personal!”** – which leads to the question: How can you overcome the feeling of being rejected when you get a “NO”. According to Lisa, a big part is understanding what “NO” means to the customer, and then turn that into a “YES”. Research shows that 65% of customers say NO! 4x before saying Yes! And 92% of entrepreneurs/professionals/consultants give up after the first NO! Lisa was very clear in

her advice to laser focus on the ideal client and to identify the solution for this client. It all comes back to: What are the benefits of working with me??? As I continue building my consulting business, this presentation definitely resonated with me and I am going to read her book “Brand You, Become the Expert” over the holidays!



2021 National Women’s Leadership Conference Reports Continued

Debra Fine: The Fine Art of Building Business Relationships – One Conversation at a Time. I am not a natural networker, who easily chats with strangers. Which really makes me appreciate someone like Debra who’s goal it is to turn every conversation into an opportunity for success. Have you ever wondered how to start a conversation with a complete stranger whom you just meet at a networking event? Ask “What keeps you busy outside work?” Another advice was to never ever ask questions where you don’t know the answer, especially when you are not closely connected with that person! (Don’t ask about the job, if you don’t know if that person still holds the job at the bank...) Instead ask: Catch me up with..., or Bring me up to date on..., or What’s new with... Debra also shared some great ideas on how to get away from somebody, she advised to announce that you are moving on by saying: Before I go/move on/... tell me what is the number 1 challenge with/in... In situations where you feel being held “hostage”, try to change the topic of the conversation!

With all this advice in mind, I am definitely looking forward to my next networking event.

There is no doubt, ABWA National had put together a great program with amazing speakers – I wish, as a chapter, we could convince these accomplished and, in many cases, nationally and internationally recognized speakers to speak at our monthly meetings or, at least, be a speaker at a Women Together event!

Thank you again Maia Chapter for supporting my national conference registration. It was a great experience!

Mary Ceccanese

The first keynote we had at the National conference was a woman named Sima Dahl who spoke on Personal Branding Strategies to Catapult Your Career.

She started out by saying A Brand Is a Promise — Personal branding is a highly valued business skill and measured in equal parts by:

- Character
- Competence
- Charisms

EXERCISE

Discussion of Antigone
See Lines 1-89

Determine if any of the following qualities are present in Ismene’s conversation

- Ismene, Wisdom:
- Ismene, Justice:
- Ismene, Courage:
- Ismene, Self-Restraint:
- Antigone, Wisdom:
- Antigone, Justice:
- Antigone, Courage:
- Antigone, Self-Restraint:

The screenshot also shows a Zoom interface with several participants visible in a grid view on the right side, including Mary T. Ceccanese, Tareka Coney, Darlene Williams, and D1 Sonya Sims.

2021 National Women's Leadership Conference Reports Continued

How do you wish to be known?

She had a term she used called Sway Factor

- A set of behaviors, online and off, that help generate demand for who you are and what you do
- Professional aspirations align w/how you are known by others

Want to know more – subscribe to her Raise Your Sway Factor newsletter or on LinkedIn at bit.ly/Personal-Branding-Hacks



Sima said that it is important to know yourself. Why do others refer people to me? In knowing yourself what are your innate talents (essence); how is your expression given to others; how do you enroll others in who you are and what you do, and finally, evolution – there are many paths forward!

In your elevator speech, how are you going to pique people's curiosity and interest? How can you position yourself in their memory? I'm still working on my elevator speech. The draft I have is as follows:

"I create positive workplaces"

One last suggestion she gave was to review your LinkedIn profile. Are you giving value in the powerful words in your headline?

Diane Nixon

Thank you Maia Chapter members for your support of my registration fee to attend the second virtual National Women's Leadership Conference of ABWA held November 4-6, 2021. The days were jammed packed with National Board of Directors speeches and election, keynote speakers, track for KU-Mini MBA or Franklin Covey, and lots more.

This conference included the return of District Gatherings (previously District Assemblies). District V Vice

-President Cheryl Blair gave opening remarks followed by the District V Steering Committee representatives Tracy Sweet and Marilyn Lash. ABWA League significant anniversaries were recognized by Cheryl B. as well member anniversaries of Michelle Crone (25 years); Marcia Green (30 years); and Debbie deKater (35 years)!



2021 National Women's Leadership Conference Reports Continued

Our District V Vice President candidate Gail Frahm, a member of the Cass River Charter Chapter in Frankenmuth, gave her 3-minute candidate speech. And the new league formation Successful Women of Hancock County in Greenfield, IN was recognized and hope to charter soon.

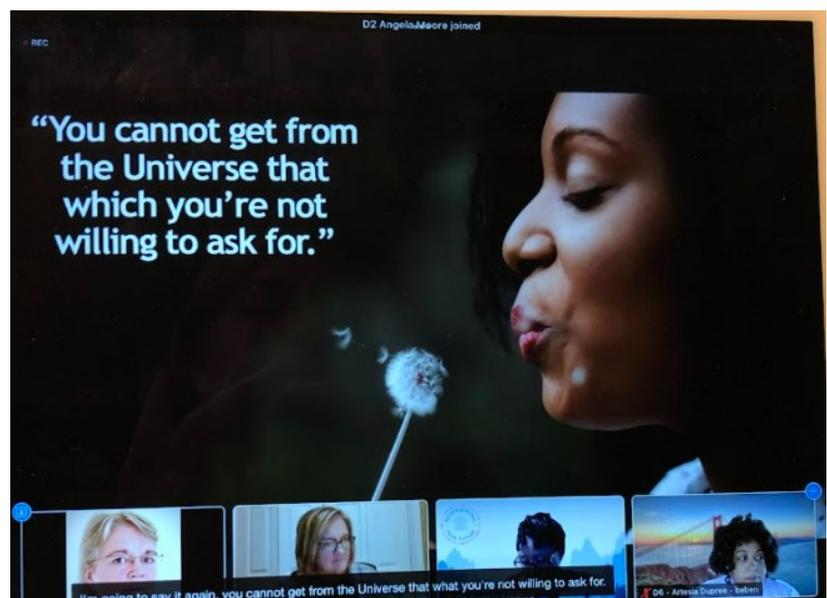
At each NWLC, members listen to the 3-minute speeches of the Top Three office candidates – National President, National Vice-President and National Secretary-Treasurer. These candidate's speeches were NEW this year was virtual voting by all NWLC registrants. The process was smooth and quick. No more standing in long lines to get your member credentials approved, voting on a machine and waiting for the tabulations. Also announced, regardless if the 2022 NWLC will be in person or virtual, all eligible members will vote virtually again!!

- New 2021-2022 National Board of Directors:
- National President: Trina Nkazi
- National Vice-President: Mary Stephenson
- National Secretary-Treasurer: Cheryl Blair
- District V Vice-President: Gail Frahm

Outgoing National President Sharon Godbee installed the new National Board of Directors. The NWLC was broadcast from Westminster, CO so the entire schedule was an Mountain Time – started late but went late! Very tiring but so much to experience and learn.

Highlights of Day 2:

- Keynote by Katie Linendoll: Innovations in Technology
- Session: Reimagine Your Future, and Create the Life You Want by Dr. Kym Harris-Lee
- Session: Smart Phone Success & Terrific Tablets by Randy Dean
- Viewing of the 2022 Top Ten Business Woman of ABWA. District V's Holly Hengstebeck, Novi Oaks Charter Chapter, represented District V well. Selected as the 2022 American Business Woman of ABWA was Cindy Osmer!



National Women's Leadership Conference

- Best Practices in League Management recognition with Level I, Level II and Level III. Most leagues honored in Level I and II provided a video which were very creative. Maia Chapter was the league getting a Level III award asked to submit a video. I wasn't able to attend our October meeting to get a sneak preview of our video pulled together by Suzy and her husband. I was SO, SO Proud and yes I cried. I heard from friends across the country how wonderful it was. Thanks again Suzy (and hubby).
- There was "Around the Campfire and Under the Stars" but I passed. It was pajama time for me!

Day 3 seminars:

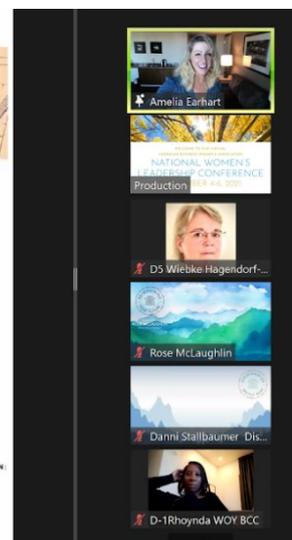
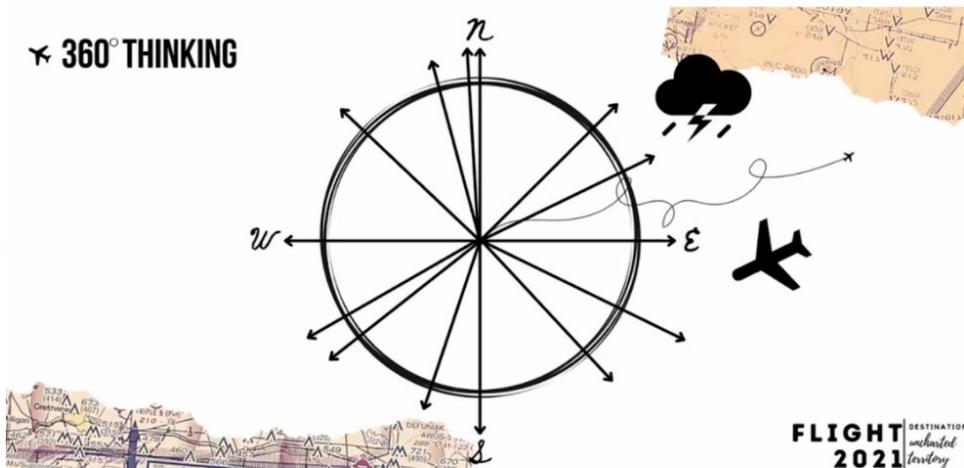
- Session: Liar, Liar, Pants on Fire – Traci Brown
- Session: The Fine Art of Building Business Relationships: One Conversation at a Time – Debra Fine
- Session: Thanksgiving Favorites – Virtual Cooking Demonstration – Chef Mark Kalix (we all were ready for dinner after this session!)
- Session: Wines that Wow! – Jonathan Will
- Session: Planning and Etiquette for the Holidays – Karen Harris
- Session: Festive & Flattering; How to Ditch the Ugly Holiday Sweaters and Look Great This Holiday Season – Morgan Wider"
- Keynote: "Crew" – Amelia Rose Earhart

This was ABWA's second virtual conference and it went even better than last year's. The National ABWA Team did a great job together with these members of the National Conference Team who I consider good friends:

- Beatrice B. Burton – 5 years
- Amy Dawson – 5 years
- Alicia Griffin – 5 years
- Toby Page – 5 years
- Michelle Crone – 2 years

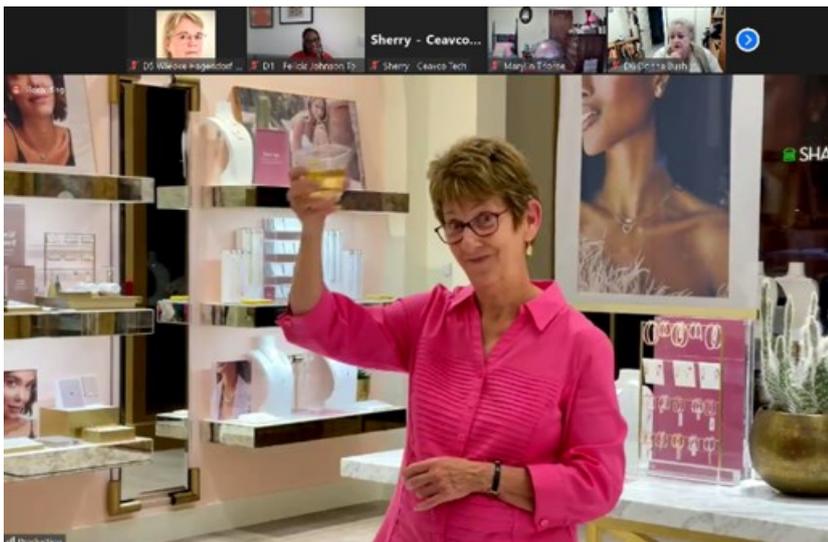
Their contributions in planning a great event and all their hard work throughout the year was evident.

Thank you again Maia Chapter for supporting my NWLC registration. It was a great experience and I'm looking forwarding to the 2022 regional conferences and hopefully an 'in person' NWLC in 2022.



Best Practices Level 3 Award to Maia Chapter

Here is the link to Maia Chapter's awesome BP Level 3 Award video! <https://www.abwa-maia.org/>



- Chat
- From D6 Cyndie Berglund to Everyone:
CONGRATULATIONS to all Level 111!!!!
 - From Lois Margolin to Everyone:
Powerful video Maia!
 - From Eileen Caspers to Everyone:
Congratulations Level III BP Cha
 - From D1 Cherise Irons-VP Coral Springs to Everyone:
This is wonderful Maia Chapter
 - From Charlotte Collins to Everyone:
Congrats to the L3 BP leagues! Great job everyone! 🍷💜
 - From Dawn Novy to Everyone:
Love those connectedness activities
 - From D5 Kelle Hruska to Everyone:
This is AWESOME Maia!
 - From D6 - Danice M... to Everyone:
Sisterhood is the BEST!
- Who can see your messages? Recording On



Congratulations to ABWA's 2022 National Board of Directors!

National President

Trina Nkhazi

National Vice- President

Mary Stephenson

National Secretary-Treasurer

Cheryl Blair

District V Vice-President

Gail Fraham

District I Vice-President

Rachelle Jamerson-Holmes

District II Vice-President

Tracy Morgan

District III Vice-President

Janelle Burlin

District IV Vice-President

Joyce Wright

District VI

Kerri Underhill

Cheryl's Branding—November Chapter Meeting

A goal of branding is for people to think of you when they see a particular picture/image—just as we think of Cheryl Blair when we see a black and white checkered flag.



- Always, Be you and be memorable
- Step it up and set your pace
- Realize that promoting yourself may not be easy
- Determine who you want your audience to be—aim at your target!

Maia Talent Show Video & Registration

The Maia team has put together a fantastic promotional video for the talent show—check it out here: <https://youtu.be/Et-493aEDxc>



ABWA-Maia Chapter presents



Talent Showcase

Join us for an evening of world class talent supporting the ABWA-Maia Chapter

NEW AND FAMILIAR FACES, INCLUDING:

- Sharon Godbee, Rick Godbee and Karen McCray
- Cheryl Blair
- Mary Ceccanese
- Kavalonda
- Victoria McIntyre
- Josh and Lindsey Wright
- Mimi Harris
- The Stein Sisters
- Amy Nieuchowicz Goldman

...and more!

~With your Master of Ceremonies, Felicia Johnson~
Former National President, ABWA

WHEN AND WHERE?

Tuesday evening, February 1, 2022
at 7:00pm EST
on Zoom

early-bird pricing! **\$35 THROUGH JANUARY 18**
\$40 AFTER JANUARY 18

CLICK HERE FOR TICKETS, OR VISIT
ABWA-MAIA.ORG/MAIA-CHAPTER-FUNDRAISER

Proceeds benefit ABWA-Maia Chapter's Education Fund, supporting the professional development of business women.

Upcoming Meeting

Maia Chapter of ABWA presents:

The Future of Work: Location or Value?



Keynote: Denise Williams, PhD,
MS, SPHR, SHRM-SCP
Organizational Effectiveness
Consultant; DEI Implementation Lead,
Michigan Medicine Human
Resources

Tuesday, February 15, 2022

This is a LIVE ONLINE event

- 6:15 pm – Informal Networking
- 6:30 pm – Welcome and Introductions
- 6:45 pm – Keynote
- 7:30 pm – Business meeting
- 7:45 pm – Roundtable
- 7:55 pm – Closing



The Mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

Changing Women's Lives... One Woman at a Time.

For more information about our Chapter, contact Sharon Walker at walkers@umich.edu or visit our website at abwa-maia.org

During this session, we will conduct a conversation about the massive disruptions that are affecting the nature of work in the future. If anything, the ongoing COVID-19 crisis, with its forced move to remote and hybrid work, accelerated what was happening in our society towards greater flexibility in how we conduct work, as well as the meaning of work.

We look forward to an engaging and meaningful discussion about how we will all continue to navigate the realities of the pandemic disruption in our work lives, and how wisdom and guidance from Professor David Ulrich, Ross School of Business, can help us to see opportunities for positive and meaningful transformation of our work lives in the future.

This is a FREE Live Online event.
Register to get link to online meeting
<http://abwa-maia.org/events>



Thoughts From A New Member

I see you at the meetings,
 but you never say hello.
 You're busy all the time you're there
 with those you really know.
 I sit among the members,
 yet I'm a lonely gal.
 The new ones feel as strange as I;
 the old ones pass us by.
 **** it, you folks urged us to join
 and talked of fellowship,
 You could just cross the room, you know,
 but you never make the trip.
 Can't you just nod your head and smile
 or stop and shake a hand,
 get over your mom's good intentions .
 Then go sit among your friends?
 Now that I'd understand.
 I'll be at your next meeting,
 and hope that you will spend
 The time to introduce yourself,
 I joined to be your friend

Borrowed from Debra Fine's book "The fine art of small talk"
<https://www.youtube.com/watch?v=XVvUkK7WiMI&t=1904s>

New Member

Imm-Kee



Born in Singapore, Imm-Kee Lang went to Windsor, Canada for her tertiary education. She met her husband at a church retreat in Hamilton, Ontario and now lives in Ann Arbor. She loves working as an administrative assistant in the Division of Nephrology and thinks Michigan Medicine is one of the best employers ever!

As a life-long learner and lover of humankind, Imm-Kee studied literature, psychology and spirituality to understand the makeup of a person. During a visit to an ABWA meeting, she was inspired by the members who were busily creating new experiences in their lives. Imm-Kee hopes that their experiences will rub off on her and that one day, she, too, will do something concrete with her love for others.

Let's Celebrate!

Birthdays

January

Mary Shindell—22nd

February

Tammy Knapp—13th
Dominique Filostrat—16th

Anniversaries

January

LaDonna Billman—27th

February

Leslie Capozzoli—12th
Wiebke Hagendorf-Schroter—15th

March

Suzy Stein—17th
Diane Nixon—19th
Laurie Pettigrew—25th

April

Mary Ceccanese—1st
Delores Mortimer—1st
Sharon Walker—16th
Mary Shindell—17th

Maia Chapter Meetings

Maia Chapter meets the 3rd Tuesday every month currently, due to COVID-19, we meet virtually from 6:15 pm to 8 pm EST.

For more information visit www.abwa-maia.org or follow us on social media





ABWA Set of Core Values

- Giving Membership a voice
- Treat People with dignity (See Proud Code of Conduct)
- Lifelong Learning
- Focus on Creating Value for Members
- Achievement
- Visionary Leadership
- Focus on the future
- Manage by Fact
- Manage for innovation

ABWA's Proud Code of Conduct

- All members will serve as goodwill ambassadors for the American Business Women's Association.
- Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
- Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
- Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
- Members will not use their personal power to advance their personal interests.
- Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.

WE ARE
Changing
Women's
Lives...

Executive Team

President:
Janene Ternes

Vice President:
Sharon Walker

Secretary:
Vicky Lee Vincent

Treasurer:
Wiebke Hagendorf-Schroeter

Committee Chairs

Education
Gwendolyn Guy

Fundraising
Mary Shindell & Suzy Stein

Membership
Sheryl Humphrey & Holly Weshalek

Newsletter
Tammy Knapp

Professional Development
Mary Ceccanese

Publicity
Laurie Pettigrew