

A NOTE FROM OUR PRESIDENT

Dana Jordan

As the business adage goes, it's not what you know but who you know. And as any high-achieving professional will attest, networking is key. But as John Grey has pointed out, women and men are quite different—we work differently, we communicate differently, and we certainly network differently. Women tend to form personal bonds and blur the line between networking and friendship. Men, by contrast, tend to take a much more straightforward approach. Which is why we decided to form this group. Don't get me wrong – we LOVE men. We just wanted an environment where we could network professionally AND create connections and friendships.

Our programs are designed to be informative and helpful in a variety of subjects of importance to busy women, from health and wellness to home and family to business growth and development. Just as importantly, we offer a venue where our members can share with understanding women their challenges as well as celebrate their triumphs.

Check out the schedule of upcoming programs and events and mark your calendars – we hope to see you there!

MARK YOUR CALENDARS

RECURRING MONTHLY MEETINGS:

- *Second Wednesday of the Month – 8 a.m.
Members Only Meeting – Alton's Kitchen*
- *Third Wednesday of the Month – 8 a.m.
Board Meeting – Cookhouse*
- *Fourth Wednesday of the Month – 8 a.m.
Members and Guests Meeting – Alton's Kitchen*

UPCOMING MEETING INFORMATION:

OCTOBER 13TH - Speaker: Dr. Laura Leigh Younce, Specialist in Cardiology

Laura will be sharing her story with us as a Women Cardiologist in a man's world. She will be sharing medical information that will benefit us all and bring new light to our daily lives.

Breakfast Sponsor: - Barium Springs, Tamara Johnson - Member

OCTOBER 27TH - Member/Guest **FALL SOCIAL**

In lieu of our regularly scheduled meeting, we will celebrate with a Fall Social at the Huntersville Hospice House at 7p.m. More details to come!

Raising a toast to what we've accomplished is what this social is about! Join us at the Levine and Dickson House to learn first hand what a special place this is and the incredible people behind it.

Sponsored by: Hospice & Palliative Care / Levine & Dickson House, Christine Brown - Member

We are currently accepting submissions for future Newsletters. If you have a recipe, professional tips or an article to share, please forward to: Erika@mcintoshlawfirm.com.

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What Do *You* Expect? By: Member, Nicole Greer, PPCC

Back to school...back to schedules...back to basics...

September invites us back to reality in a disciplined pursuit of our goals. Having personally just enrolled my son in high school for his Senior year, together we have mapped out a curriculum, outlined his standards of performance and laid some ground rules. In essence, set expectations for the most critical year of development. He is encouraged or 'in courage' to begin a new school year. What would it be like if adults had the courage to never stop being *schooled and considered their next year a "critical year"*?

People just might meet their potential. Learning is a life long journey. Along the path, we find expectations are a responsibility we can't shirk, a hope we can't shatter, and opportunities that must be exercised. What do you expect in the next nine months? Can you clearly articulate your expectations?

Expectations are beliefs centered on the future. In your mind, you formulate an outcome before you even begin to move toward the goal. It may or may not seem realistic at first glance. But despite that fact, we must set expectations.

Let's get started.

Just like the much anticipated or *dreaded* first day of school, approach today with courage. Courage is the manifestation of the life force of a person. In its purest form, courage summons an individual to stand up, step out and start over. "Courage," said, Winston Churchill "is rightly esteemed the first of human qualities because it is the quality which guarantees all others." Without courage, there is no action, no life, and no fullness.

Life demands more than "knowing" what to do. You summon the will and energy to operate with integrity. Integrity is a dedication to being all you are intended to be despite your fears. Exercise integrity to your self and others in spite of the situation life has doled out today. Eleanor Roosevelt said; "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face."

It takes courage to live life as given without complaint or criticism. It takes twice as much courage to decide to lead a life divided no more. To do what needs to be done. To defy doubt. All it takes to be the change we want to see is to ask the right question at the right time. Begin with this simple question.

To achieve my expectations for the next nine months what must I say 'yes' to?

Your life is begging for a yes. What might happen if you decided to live the lifestyle of yes? Yes to life. Yes to myself. Yes to my talents. Yes to my strengths. Yes to my family. Yes to my colleagues. Yes to the needs of the world.

It is easy to say no. To say yes, you have to sweat and roll up your sleeves and plunge both hands into life up to the elbows. It is easy to say no, even if saying no means death. All you have to do is sit still and wait. Wait to go on living; wait to die. That's the coward's part. For every 'no' there is a yes. A choice that moves you forward.

Ten years ago, my son decided to say yes to an expectation. His dear friend, CC sauntered into my living room looking over each nook and cranny of our home, paying close attention to detail. I could see flickers of curiosity dance across his face. Full of expectation, CC loved new territory. The energy emanating from CC was tangible. He couldn't wait to get started. Although he had no idea what the day held, he had great expectations for this play date. My son bounded down the stairs to greet CC. He, too, was thrilled at the possibilities the day held.

Eager to get started, my son proposed, "Wanna go outside and play?" With his signature 'cool' CC said, "Let's check it out." I gave both of them the standard "Mom" safety message. In a flash, they were gone.

What took place in the next hour, exemplifies the power of expectations. The boys were 6 years old. Even at this tender age, dreams are developed. In fact they are big, and bold. They played on the same basketball team, sat in the same classroom, and shared the same dream. They wanted to 'be like Mike', Superstar basketball player Michael Jordan. Becoming a superstar was simply a yes to practice, a yes to commitment, and a yes to the possibility. Clearly they expected greatness! Together they dreamed, conversed, and developed plans to transform themselves into a superstar. CC came into my son's world full of expectations. He knew my son. He had experience with him. They had a history. CC observed his buddy was athletic, bold, and confident. He liked that. My son's attributes resonated with CC.

As my son laced up his shoes on the stoop in the garage, he pointed to the basketball and said, "Ready?" With one bound, CC scooped up the ball but found his expectations shattered as he stared at the wheels of the bicycle right behind the ball. The bike was nice enough. It was silver, sleek, and sporty. But, CC couldn't believe what he saw! "You still got training wheels on that thing?"

Taken completely off guard, my son stammered.... "Ahhh wellllll... yes."

Let me tell you about those training wheels... mmmm... drama. Lot's of drama and energy had been spent on those training wheels. Put them on...take them off...I'm scared...put them on ...no take them off...I'm ready to try. It was a vicious cycle. Neither one of us saw it coming but my son was about to be pried off dead center.

Without hesitation CC declared, "We can't have that. You've got to learn to ride this thing without training wheels." Then the questions commenced, "Where is a wrench? How long have you had these things on here? When's the last time you tried to ride without them? Can your mom help us get these things off?" and then the big one... "Are you scared?"

I was preparing dinner, when the door flew open. With his hands on his shoulders and a grim look on his face my son stood before me with dogged determination. "Mom, take off the training wheels."

'Ahhhhggg'... I thought. I started to object but he cut me off. "Really, Mom just come outside and take the training wheels off." So, I did.

The second the wheels were off; CC grabbed the handlebars, jolted the kickstand into the upright position, and commanded control of the bike. Sitting on the curb looking on, I could see my son struggling. He was confronted with his fear. CC shouted riding instructions as he zoomed around the cul-de-sac. Finally, he stood up, stepped out into the cul-de-sac and started over. "Give me 'my bike.'" My son instructed CC with his signature boldness and courage. With a glimmer in his eye, CC abruptly skid the tires to a halt directly in front of him and said quietly, "Okay, man. Relax. Here you go. Have at it." It was at that very moment that my son said, "Yes". Yes to bike riding. Yes to himself. And Yes to expectations.

Many people dream of changing the world, but no one thinks of changing themselves first. Changing yourself takes courage. Set expectations for the next nine months. Challenge your fears with action. You'll raise your self- esteem and expand your thinking. Vibrant people fill their lives with expectations. I invite you to stand up, step out, and start over. I expect, a "Yes".

Nicole Greer, PPCC is a professional life and business coach. She received her PATH coaching certification through the PATH Coach program and serves the Laurie Beth Jones Company as part of the National Training Team. At its deepest level, working with a coach frees you to identify your birthright gifts, discern your deepest passions, and fulfill your highest purpose. A coach can pry you off dead center. As Principal Coach for Vibrant Coaching and Workshop Leader for The Lydia Group, LLC, a collaboration of individuals focused on work, life and spiritual growth, Nicole is on a mission to impact, energize, and influence people to lead a Vibrant Life by engaging the possibilities. As a life and business coach and workshop leader, Nicole views her role as a conduit to release all that you want to achieve. Join me on the PATH to move forward with authenticity, skill and confidence.

www.thevibrantcoach.com/nicole@thevibrantcoach.com/www.thelydiagroup.com

IN CASE YOU MISSED IT

September Meeting Highlights:

- **September 8th Speaker: Kim Cotino, President, KAC Bookkeeping**

Kim Contino gave a presentation on good book keeping practices and how the use of financial technology can maximize your business. The advice and information she gave will surely go along way. www.carolinabookkeeper.com

- **September 22nd Speaker: Dr. Brian Moore, Paragon Surgical Specialists**

Dr. Moore's presentation was titled "The 10 Greatest Myths About Breast Cancer". Dr. Moore talked about breast cancer statistics, types of breast cancer, about the importance of screening mammograms and appropriate ages.

THANK YOU TO OUR SPONSORS

August Sponsors:



Pilates Studio at the Lake,
Carrie Jacobs Gordon – Member
<http://pilatesstudioatthelake.com/>



The McIntosh Law Firm, PC
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September Sponsors:



Executive Women of Lake Norman
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Primrose School
Stacey Hinman/Member
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If you or someone you know may be interested in sponsorship opportunities, please contact Dana Jordan.

MEMBER SPOTLIGHT



Marilyn Celenza, owner
Good Clean Fun, LLC.

www.goodcleanfunproducts.com



We're getting to know Marilyn a little more this month:

Are you a morning or night person? I am definitely a morning person I'm usually up before 6:00 am!
Do you have any bad habits? I'm a little OCD about cleaning and keeping things in order!
Do you have any celebrity crushes? Not really, I used to have a crush on Burt Reynolds!
Do you prefer sweet or salty foods? Salty...Cape Cod reduced fat chips..yummy! And if I am craving both I LOVE pretzel M&M's!
If you could be any animal, what would you be? A bunny they are so cute and sweet.
If you could have any superpower, what would it be? I would love to be lighting fast...imagine the time I would save getting things done in a day? (See OCD above)
What is one regret you have: I regret not going into business earlier but I guess everything happens for a reason.
What is one thing that no one knows about you? I am scared of mice, rats any rodent for that matter!
What is one thing you like about being an adult? I like my independence and that I only answer to myself when it comes to many decisions.
What is the best band of all time? Anyone I can dance to....don't make my shake my ____!
What do you think about right before falling asleep? Every night I thank God that I am healthy and happy that my family is doing well! I also say a prayer for everyone that is struggling with whatever challenges they might have.

WELCOME NEW MEMBERS

- SANDRA DOPF – EMERGE VICTORIOUS
- SHAWNA CASTORIA – COLLEGE NANNIES AND TUTORS OF LAKE NORMAN
- KITTY MELLONE – COLONIAL LIFE INSURANCE

PROFESSIONAL TIPS

1. Don't forget your manners. This drives me crazy! Just because we are in a busy, professional environment, it doesn't mean we need to forget what our parents taught us. Say please and thank you whether it is to your staff person bringing you some documents or the colleague that bought lunch. We appreciate it when we we're on the receiving end!
2. Ask open ended and probing questions. If you're getting to know someone or want to learn about their business, this is the best way to get the person talking and will give you the most opportunity to find out something you might not have known.
3. Have professional and appealing voicemail. It seems silly, I know, but it can really make a difference! If you can't be reached (and even in today's day and age of cell phones, we still sometimes can't be reached) make sure your voicemail says something about who you are. A positive tone, clear voice, short and concise message can make a difference. Oh, and don't forget to return that call in a reasonable amount of time!

MEMBER RECIPE

Since breakfast is the most important meal of the day, make sure you eat something and why not something healthy and delicious. A **yogurt parfait** is an excellent way to get a good start to your day. This simple recipe can be modified and changed to include any number of ingredients. Be creative!

You will need the following:

Low fat yogurt
Low fat granola
Fresh berries/fruit
Dark chocolate pieces

*Layer yogurt, granola, berries/fruit and chocolate pieces until a glass cup is full. Garnish with a berry leaf or chocolate design.

MEMBERSHIP CRITERIA

Do You Know Any Women That May Be A Good Fit For Our Group? If so, we are now accepting applications. Please feel free to contact the Board to discuss guest eligibility and also please invite them to our 4th Wednesday of the Month meeting.

Decision maker ~ Professional accomplishments ~ Involved in the community ~ Has interests/hobbies outside of business ~ Business is not over-represented in group ~ Ambitious goals personally, professionally and for group ~ Professional image ~ Exhibits professional integrity
Has professional networking experience

The Mission of Executive Women of Lake Norman is to encourage and facilitate the growth, performance and visibility of professional women in the Lake Norman area by creating opportunities to foster relationships through support, mentoring and innovative programs.

Our Board

Dana Jordan, President (Lake Norman Women's Magazine)
Erika M. Erlenbach, Vice President (McIntosh Law Firm, PC)
Cristen K. Morgan, Secretary (Lake Norman Financial Group, Inc.)
Denise Williams, Treasurer (People's Bank)
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Coral Riley, Membership Director (Lake Norman Women's Magazine)
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CONTACT US

www.executivewomenoflkn.com

executivewomenoflkn@gmail.com

704-268-WLKN(9556)

