

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:

- **September 8th Speaker: Kim Contino, President, KAC Bookkeeping** – Kim will discuss how businesses can create great bookkeeping practices and incorporate the use of financial technology to maximize their business. www.carolinabookkeeper.com
Breakfast Sponsor - The Primrose School, Stacey Hinman – Member
- **September 22nd Speaker: Dr. Brian Moore with Paragon Surgical Specialists** – Dr. Moore is a breast health specialist and with October being Breast Cancer Awareness Month, Dr. Moore will share with us many facts and preventative measures we can take to protect ourselves and our loved ones
Breakfast Sponsor: TBD
- **October 27th - Member/Guest FALL SOCIAL**
In lieu of our regularly scheduled meeting, we will celebrate with a Fall Social at the Huntersville Hospice Home at 7p.m. More details to come!
Sponsored by: XXX

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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. Life summons 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

August Meeting Highlights Here.

MEMBER SPOTLIGHT

PICTURE

NAME AND COMPANY INFO.

Q&A With Member here

THANK YOU TO OUR SPONSORS

July Sponsors:

Hospice & Pallative Care, Christine Brown-Member
Logo and Website Information

Lowe's Foods – Cornelius, NC
Logo and Website/Contact Info.

August Sponsors:

Pilates Studio at the Lake, Carrie Jacobs Gordon - Member

The McIntosh Law Firm, Erika Erlenbach - Member
Logo and Website/Contact Info

If you or someone you know may be interested in sponsorship opportunities, please contact Dana Jordan.

WELCOME NEW MEMBERS

- **SHERYL SPANGLER – SYNERGY COACHING AND CONSULTING GROUP**
- **SHAWNA CASTORIA – COLLEGE NANNIES AND TUTORS OF LAKE NORMAN**
- **KITTY MELLONE – INSURANCE GROUP**

PROFESSIONAL TIPS

INSERT ARTICLE HERE

To change the text at the very bottom of each page of your newsletter, click Headers and Footers on the View menu. Use the Header and Footer toolbar to open the footer, and replace the sample text with your own text.

INSERT SYMBOL

It is a good idea to place a small symbol at the end of each article to let the reader know that the article is finished and will not continue onto another page. Position your cursor at the end of the article, click Symbol on the Insert menu, choose the symbol you want, and then click Insert.

BORDERS

You can use page borders and text box borders to change the appearance of your newsletter. Borders on text boxes help keep different articles separate, and can set off sidebar articles from the rest of the page. To change a text box border, select it, double click its edge and choose the Colors and Lines tab in the Format Auto Shape dialog box.

MEMBER RECIPE

Insert Recipe Here

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)
Nicole Ashline, Speaker and Event Coordinator (LFT Tech)
Coral Riley, Membership Director (Lake Norman Women's Magazine)
Lu Rogers, Membership Director (People's Bank)

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