

SBWN Members Were Spotligthed at June Luncheon



Lisa Mishoulam of Mishoulam Insurance Services



Gila Zak of Quantum Waves Hypnotherapy & Biofeedback



Debra Garcia of Golden Anchor Financial Services



Vice President Maria O'Reilly led the monthly luncheon meeting.



Even with a light turn out, members and guests enjoyed the monthly program.

Photos by Dawn Rodden

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Mission Statement

Professional business women promoting one another to achieve professional and personal goals. SBWN meets each month and offers its members valuable networking time with other businesswomen and informative presentations from a variety of speakers on topics relevant to business and the goals of businesswomen. In addition, we provide financial support and assistance to Women's Shelter Program of San Luis Obispo County and award a Cuesta College Scholarship to female adult re-entry students.

SBWN 2015-2016 Coming Events

JULY

Luncheon
Tuesday, 7th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Speaker:

Paulla Ufferheide
Women's Wall of Fame

Board Meeting

Tuesday, 14th @ 5:30pm
LO/BP Chamber
781 Palisades Ave., LO

AUGUST

Luncheon
Tuesday, 4th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Speaker:

Travis Ford
Rock Harbor Marketing

Topic:

Social Media 101 for
Small/Medium Business

Summer Evening Scholarship Benefit

Friday, 15th @ 6pm

Board Meeting

Tuesday, 11th @ 5:30pm
LO/BP Chamber
781 Palisades Ave., LO

SEPTEMBER

Luncheon
Tuesday, 1st @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Speaker:

Patty Blue Hayes
Infinite Possibilities

Board Meeting

Tuesday, 8th @ 5:30pm
LO/BP Chamber
781 Palisades Ave., LO



A Message to Our Members

Hello and happy June from your board!

Many of you were missed during our June luncheon. We hope to see you again July 7! Our guest speaker will be our own Paulla Ufferheide speaking to us about the Commission on the Status of Women.

The goal of SBWN is professional women promoting one another to achieve professional and personal goals. I didn't really understand the strength behind this statement until my first board meeting. This truly is the main goal in all that we do. Our organization not only supports our own members but other women in the community with the scholarship program and Women's Hall of Fame. We are able to

provide this financial assistance through YOUR help in our fundraising events. I want to thank you all for your participation! Other women's lives are being enriched due to your support - let that sink in a moment.... Just think how much more we could do if we brought our BFF's along! Please ask your lady friends and neighbors to join the network. A stronger membership means the dues cover our minimal expenses and ALL funds raised can go towards that particular cause.

Last year, we held a speakeasy as our main fundraiser for scholarships of re-entry students at Cuesta College. Due to the popularity of this event, we will be holding it again August 15, so please mark your calendars. It will be a ton of fun!

Lois Taylor
Treasurer

MEMBERS have either a standing or absentee reservation for lunch. Member cancellations or guest reservations are required by 12:00 P.M. the Friday prior to the day of the meeting. Book your reservation online at www.sbwn.org or email info@sbwn.org

How to Join & Member Benefits

Our general membership luncheon meetings are held on the first Tuesday of each month at 12 noon. There is a \$16 meeting fee for members; \$20 for non-members and guests. (Annual membership dues are \$45). Non-members are welcome to attend two luncheon meetings – then we hope you will join us as a member. Online membership applications available at www.sbwn.org or email info@sbwn.org to request a membership brochure.

- Networking, Business Contacts & Referrals
- Friendship & Mentoring
- Education & Community Outreach
- Increased Visibility for Your Business
- Leadership Opportunities
- Monthly Meetings/Newsletter
- Membership Directory
- Group member of the Los Osos/Baywood Park Chamber of Commerce

Learn About the Women's Wall of Fame Program at the July Luncheon

On Tuesday, July 7, 2015, South Bay Women's Network (SBWN) will meet at La Palapa Mexican Cuisine & Seafood, located at 1346 2nd Street in Baywood Park at noon. Join us for our featured speaker and SBWN President Paulla Ufferheide. As a member of the Commission on the Status of Women SLO County, Paulla share information about this wonderful group and the Women's Wall of Fame program that is supported by South Bay Women's Network.

The Commission on the Status of Women is an official advisory group to the San Luis Obispo County Board of Supervisors since 1975. The Commission identifies issues of concern to the women of San Luis Obispo County that compliments the focus of other advocacy or advisory organizations or provides a new forum for additional issues women face. www.slowomen.org

SBWN is a non-profit organization open to all women on all job levels and in every occupation

July Luncheon Information

Continued from page 2

that wishes to share ideas, build friendships, and exchange support needed for personal and professional growth. The meeting fee, which includes informative speakers, beautiful venue, networking and lunch, is \$16 for members and \$20 for guests. For required guests reservations and member cancellations please visit our website at www.sbwn.org or email us at info@sbwn.org no later than 12 noon the Friday prior to the meeting. Bring a friend to lunch!



Birthday Girls

Linda Albro..... July 3
Lynne Singer..... July 9
Kelley O'Neill..... July 15

**We had 14 Members & Guests
at our June Luncheon
Welcome New Member
Lynette Tornatzky**

SBWN Scholarship Applications Now Available

SBWN is accepting scholarship applications for a Cuesta College female re-entry student. Members may nominate a woman whose education would benefit from this scholarship opportunity. **Application is included in this issue and will be available online after July 1st.**

ANNOUNCEMENTS!!!!!!

• **MARK YOUR CALENDAR:** Summer Evening Benefit is scheduled for Friday, August 15th. We will hold our regular luncheon Tuesday, August 4th and feature an exciting program. Check the online calendar for updates.

• **SUMMER EVENING BENEFIT REQUESTS:** We are in need of SPONSORS and AUCTION ITEMS for the August 15th Speakeasy event. If you have a gift item to donate or wish to be a sponsor, please contact Debra Garcia 805-464-7763 or Sana Beqovic 805-225-1070 our Event Co-Directors .

• **PENNIES FROM HEAVEN:** A penny jar will be at each meeting to begin raising money for our scholarship fund. So check your pockets and the bottom of your purse for loose change and bring to the next luncheon meeting.

• Remember the newsletter is your voice. The Networker newsletter invites SBWN members to provide women in business, women in life articles and photos of important events. A newsletter is one of the best ways for network members to stay in touch with what other members are doing. Keep them posted in Network in the News and Personal Notes columns. Information can be emailed to info@sbwn.org

A thought for the month...

"I've come to believe that each of us has a personal calling that's as unique as a fingerprint – and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you."

– Oprah Winfrey

2015-2016 SBWN Board of Directors

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LUNCH RESERVATIONS

info@sbwn.org

3 Networking Tips –When You’re Feeling Under the Umbrella of Lacking Confidence

Networking is a critical skill whether you are building a business or your career. The key is to engage others to build a mutually beneficial relationship. Yet even though we know it is important, there are challenges going on inside our heads that hold us back.

During a recent speaking engagement, the networking challenge that surfaced was how to feel as confident and important as your network partners. Stories were shared of professionals who knew they needed to network. Yet they attended an event, tried to circulate, then after 45 minutes of no meaningful action, they slithered out. Several related challenges surfaced about what causes the ill-at-ease feelings when networking, which came under the umbrella of lack of confidence, being overly concerned about what others think of them, and feeling inferior.

Someone in the audience opened up and shared that she felt uncomfortable when she was at a meeting, an event or a conference and believed that the majority of the people in the room had more...

More what? You fill in the blank...

- More experience
- More money
- More prestige
- More credentials
- More letters of distinction after their names
- More degrees or education...
- More followers
- More friends
- More whatever

We all have people, circumstances or events that can potentially make us feel less than. When the narrative is going down this path, we need to ask ourselves, “Where is the focus? Is it on us or is it on the other person?”

Here are three ways to deal with these challenges:

1. Gain control of your inner dialogue. Remind yourself: It is not about us! (Or at least it is rarely about us.) Have a quick way to stop the running tape by saying a short word, phrase or mantra. Wear something that helps you focus on your most confident best self, perhaps a special ring or bracelet.

2. Get out of our own head. Focus on the other person. What do we bring to the relationship?

No matter how much success, prestige, or accolades someone has accumulated, they will always appreciate a new contact that brings value. The value can be in the form of genuine help with a current pursuit or project, assistance in reaching their next goal, acknowledging their wisdom, finding a new resource, or seeing a situation with fresh eyes.

We can all offer support to someone else even if they have more of something than we do. As I shared this perspective with the audience member, I noticed a physical change in her presence, which is exactly my next point.

3. Assume your most powerful pose. Today, social psychologist and Harvard Professor Amy Cuddy, talks about how our bodies can change our minds. Her Ted Talk is worth watching and had some 18,124,483 total views when I last checked. Her work is frequently cited in articles because she has proven the pose you portray effects how you feel.

The self-declared, self-conscious junior professional suddenly put her shoulders back, held her head a little higher and smiled with an air of confidence. She knew she still had something to offer even around the more seasoned, senior executives she had cited in her networking experience.

Which now illustrates this point. When you want to tap into your inner confidence while networking, remember to assume the picture and pose of confidence: smile, put your shoulders back and hold your head high. My mom taught me there would always be someone who had more... however, that would not take away from what I had and what I had to give others. She also drilled into me, as a short and awkward pre-teen: put your shoulders back, hold your head up and smile. It will do amazing things for your confidence. And my mom was not a formally trained social psychologist still she had powerful confidence-building advice.

So remember, to gain control of your inner narrative, focus on the other person and assume your power pose to diminish or eradicate feeling under the umbrella and drenched with lack of confidence. You will nurture your network to help you build your business or your career.

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Barb Girson, International Direct Selling Industry expert, trainer and Registered Corporate Coach (TM), is a highly interactive, creative speaker and author offering professional skill development programs for workshops, leader retreats, annual conventions, and teleclass sales training programs. Article Source: <http://www.ArticleBiz.com>

ADVERTISING OPPORTUNITY - SBWN
Members may submit flyers for our monthly on-line newsletter for \$25. Please contact Dawn Rodden, for format information or if you need to submit a hardcopy for scanning. E-mail all digital files to info@sbwn.org.

**ONE MONTH FREE
BUSINESS CARD SIZE AD
FOR ALL MEMBERS*
YOUR AD HERE!**

*Available for new members or members who have new businesses or haven't had a card published.

NEXT NEWSLETTER DEADLINE: July 15th



Scholarship Application & Nomination Form

If you are applying for the SBWN educational Scholarship, please fill out the SBWN Application. Please refer to the guidelines below before completing the Scholarship Application. Only those who meet the basic guidelines will be considered.

If you are nominating a woman for the SBWN educational Scholarship, please fill out the SBWN Nomination Form. Please refer to the guidelines below before completing the Nomination Form. Only those who meet the basic guidelines will be considered.

Completed Nominations Forms and Scholarship Applications can be emailed to info@sbwn.org or send to:

SBWN
P.O. Box 6213
Los Osos, CA 93412-6213

SBWN Educational Scholarship Guidelines

1. Female; minimum 21 years of age
2. Must be a re-entry student (see definition below)
3. No prior degree, including an Associate Degree (AA or AS); certification is acceptable
4. Must be a part or full time student attending Cuesta College

A re-entry student, defined in the educational system, is one who attends college following an interruption in their post-high school education. The student either did not attend college after high school or the student started a degree but was unable to complete it.

Must be postmarked or received by September 11, 2015

Date _____



Scholarship Application

Name _____

Address _____

City _____ Zip Code _____

Contact Number _____

Email Address _____

Do you meet the basic guidelines?

YES

NO

List any post-high school certificate earned _____

How long have you been attending Cuesta College? _____

How many credits have you earned at Cuesta College? _____

Have you earned credits at any other college, if so, please list _____

For what reason did you discontinue your education? _____

For what reason did you return to pursue, or begin pursuing, your education as a re-entry student?

What makes you a good candidate for the SBWN Education Scholarship? _____

How will the SBWN Education Scholarship benefit you and your educational goals?

Date _____



Nomination Form

Name of Nominee _____

Nominee Address _____

City _____ Zip Code _____

Nominee Contact Number _____

Nominee Email Address _____

Does the nominee meet the basic guidelines?

YES

NO

How long have you know the nominee? _____

How do you know the nominee? _____

For what reason did the nominee return to pursue, or begin pursuing, their education as a re-entry student? _____

What makes the nominee a good candidate for the SBWN Education Scholarship? _____

How will the SBWN Education Scholarship benefit the nominee? _____

NOMINATED BY _____

CONTACT NUMBER _____ EMAIL ADDRESS _____