



# WOMEN'S PROFESSIONAL NETWORK

January 2010 Newsletter

## January 27, 2010 Breakfast Meeting Lakeway Inn, Bellingham, 7am - 9am

RSVP by 5pm January 22 - [www.wpnbellingham](http://www.wpnbellingham)

### **KEYNOTE SPEAKER: Miriam Evers**

*Topic: "Joy First, then anything else you have time for!"*

*Certified Professional Co-Active Coach*



Miriam is a Certified Professional Co-Active Coach and a professional speaker and trainer. She calls herself the Joyous Renegade. Her passion is coaching people to live from joy. She left behind a successful corporate finance career to create her dream job, her dream home, and marry the man of her dreams. She's won speaking awards, co-founded a thriving, 34-home co-housing community, and created over a hundred self-empowerment workshops. She has a successful coaching practice doing what she loves - helping her clients to create lives, businesses and careers they absolutely love.

Miriam gives anecdotes and personal stories from her vast array of personal experience that people always remember. Her speech style is dynamic, bold and totally unforgettable. Her talks inspire her audience to live from joy with simple and practical tools to create the life they say they want.

Miriam's life embodies her belief - that we are here for the joy of the journey - and her speech is called "Joy First, then anything else you have time for."

## President's Message - Tip of the Month

### **Ten Goal-Setting Tips for Women in Business**

*By Barbara Swensen*

When embarking on any journey, you must first decide where you want to go. In business, goals represent the destination points along your road to success. They give you direction and focus. On the whole, goal setting creates a road map for you to follow, dramatically increasing your chances of getting to your destination.

Goal setting involves a certain amount of soul searching to uncover what you want from business and from your life as a woman. You should begin putting together a vision for yourself. In business this involves setting up provisions for your present and future financial needs, including finding a vocation, buying a home, providing for your children's education, and securing your retirement. These are all things you need to think about when mapping out your business goals.

*The following 10 tips can help you in your goal-setting process:*

**1. Evaluate Your Needs and Skills.** First you need to select where you want to go. Next you need to determine the goals that will get you there. Use your computer

## ▲ February Featured Members



**Colleen Haggerty**  
*Big Brothers Big Sisters*

As Program Director of Big Brothers Big Sisters of Northwest Washington I am passionate about mentoring – because mentoring works! Our mission is to help children in Northwest Washington reach their potential through professionally supported, one-to-one relationships. It is our vision to have successful mentoring relationships for all children who need and want them, contributing to brighter futures, better schools, and stronger communities, for generations to come. I love working with our fabulous program staff to ensure that our matches are well supported. In 2009 we served 418 matches. Our goal for 2010 is to serve 430 matches.



**Julie Clark**  
*Organized at Last*

Time, space and energy... would you like more of it?

Julie Clarke, Professional Organizer and owner of Organized at Last is a dynamic speaker and trainer with over 20 years of experience. She is a wife and mother of 3 sons. Julie has a degree in Home Economics from Western Washington University and is a member of The National Association of Professional Organizers (NAPO), Faithful Organizers and is an active community member.

Julie shares her passion for organizing through her personal and professional expertise.

She will inspire and motivate you about the benefits of organizing while teaching you how to create a simpler, more productive and more organized life.

## New Members

Rummany Bogaards, *Tax Simplicity, LLC*



**Kari Fenton**  
*Lakeway Inn Catering Sales Manager*

As the Catering Sales Manager for the Lakeway Inn & Conference center I feel privileged to serve the community by guiding them through the process that creates THEIR event. My goal is to help the client envision their event goals and needs and executing them. With years of professional training in the culinary arts, wedding coordination, and event industry I use this experience to create timelines, menus, and room diagrams. Staying current with trends and gaining new ideas in design and communication are top priorities for me. Let me help you be successful by bringing a touch of excitement to your event and shelter your guests from their cares during the hours of the event.

## Agape House Donations

The WPN Board would like to invite the entire WPN membership to help with our continuing efforts to support the Agape House for women and children. Every month there will be Agape House needs and/or wants (i.e. personal hygiene items, clothing, shoes, non perishable food, etc.) that we will be fulfilling. There will be a drop box available at every WPN breakfast meeting for you to leave your donations. Donations will be delivered monthly directly after each meeting. To learn more about the Agape House, please visit their website: <http://newagapehome.com/home.html>.

This month, the Agape House is in need of shampoo (even partially used bottles are appreciated), conditioner, body care products and diapers. Thank you to those that have donated over the past months!

## WPN Board Position Available

The WPN Advisory board currently has the position of Secretary available. If you have questions or are interested in joining this dynamic team of women for the 2010 term, please don't hesitate to contact any board member!

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or a pad of paper to write down your needs and skills. Your business needs should include everything you hope to attain, including employment, living situation, investments, education, retirement, spiritual pursuits, and any other particular needs. Your skills list should include your abilities and strong points that can help you attain your goals. The idea is to play toward your strong points while either avoiding or, in some cases, strengthening the areas where you are weak.

**2. Create a Plan.** Get an idea of what you want in terms of short-term, medium-term, and long-term goals. Make an effort to create a plan that satisfies your needs as well as utilizes your strengths in terms of business. Your goal attainment plan includes the basic steps you will need to take to achieve goal success. Your plan maps out the success route for each one of your goals. Without a business plan, it is much harder to maintain direction and set up your goals.

**3. Write Down Your Goals.** Writing down your goals makes them more powerful. It gives them definition and, as such, they give you a focal point that you can direct your energies toward. Begin by creating a document and writing down your business goals. The easiest way is to write a list of your goals as you think of them, without worrying about their importance or priority. Make a list of at least 25 business goals that you sincerely want to attain.

**4. Prioritize Your Goals.** Once you have a list of business goals, the next step is to organize them in terms of their importance. Goals that need to be accomplished first have more priority than ones that can wait. The idea is to list your business goals by when they need to be done. Immediate goals should be at the top of the list. Keep it simple by focusing on your five most immediate goals. Work on them first.

**5. Set Time Frames.** Since goals are destination points along your road to business success, each goal must have a time frame in terms of your overall business plan. Setting a time frame is what distinguishes goals from dreams or fantasies. It's essential that your time frame be realistic. Otherwise your goals become unattainable and the process will frustrate rather than empower you.

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## Policy of the Month

### New Member Packets

- Every meeting as new and renewing members are announced, they receive a New Member packet.
- These are filled with cards, coupons, or other business info that individual members pay a nominal fee of \$30 (for the year) for placement in these packets.
- You can submit most anything that relates to your business or non profit that will fit into a 5.5" x 8.5" sleeve.
- It is the responsibility of the individual to create and print their ads, etc..
- A good number to start with is 50. We then don't have to continually ask you to replenish your stock.
- Please drop your info off at the Lakeway Inn front desk (in care of Christine Jenkins) or at any monthly breakfast meeting.
- Payment can be by check or credit card.

*Since it is the start of a new year, if you already have things in the New Member packets from last year and would like to continue in 2010, payment must be received at the January meeting.*

## Blue Skies for Children

### 3rd Annual St. Patrick's Day themed Casino Night

**When:** March 19, 2010

**Where:** BIA Building 1650 Baker Creek Place  
Bellingham WA 98226

**Time:** 6 p.m.

*More information please call (360) 756-6710*

## Quotes of the Month

*"A successful woman is one who can lay a firm foundation with the bricks others have thrown at her."*

*--David Brinkley*

*"Action is the foundational key to all success."*

*--Pablo Picasso*

**6. Multitask Your Goals.** When you have multiple goals that you are working on, it becomes necessary to multitask. This means you are continuously working on more than one goal at a time. Establishing a daily list where you write out the things you want to accomplish that day makes multitasking more manageable. Remember to keep your daily business goals to-do list short and to the point.

**7. Take Risks.** Every endeavor you undertake involves a certain amount of risk. Risk management is all about understanding and managing these risks. You should be ready to take risks when you need to to attain your business goals. At the same time, you should avoid taking unnecessary risks where you don't gain anything.

**8. Balance Work and Home.** Balancing work and home is a major issue for women in business. Your business goals should improve your home life and make it so you have more rather than less time for your family. Setting business goals is a way of managing your business dealings so you are left with time for your responsibilities and pleasures at home.

**9. Be Ready to Adapt.** Expect the unexpected when setting your business goals. Sometimes your goals have to be adapted because of unexpected situations and events. This means women need to regularly evaluate their goals. If they are not working for you, adapt them so that they meet your needs. Always be flexible enough to tweak your goals to achieve better results. The better the results, the more you gain.

**10. Believe in Yourself and Your Goals.** It's important to believe in your abilities and that you can accomplish your goals. Have faith in yourself as a woman and in your inherent worthiness. One way to do this is to write down the goals that you have attained. Every day affirm your personal power by reviewing your success list to remind yourself that you can deliver what you promise. Every time you actually accomplish a goal it empowers you. It gives you the momentum and energy to go out into the world and achieve more of your goals. As a result, you become unstoppable in your quest for business success.

## ▲ Contact WPN

### Email

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### Telephone

(360) 650-0426

### Mail

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## ▲ WPN Board Members

Jennifer Ryan  
*President*

Karen Parker  
*Treasurer*

Patrice Valentine  
*Website Editor*

OPEN  
*Secretary*

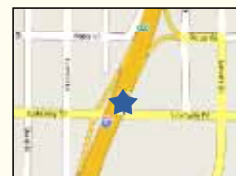
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Arian Henders  
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*Publicity Chair*



The WPN meets on the last Thursday of each month from 7am - 9am at The Best Western Lakeway Inn, 714 Lakeway Avenue in Bellingham.