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Soaring Eagles

Could more sleep help you achieve your professional goals?

We have all heard the saying, “I’ll sleep when I’m dead.” But is our lack of sleep an underlying cause of health issues that may be cutting years off of our lives? Arianna Huffington, CEO of the Huffington Post, is waging a war on sleep deprivation in working professionals. She found that people are *more* productive when working less and sleeping more. In addition to a loss in productivity and performance, lack of sleep can affect our personal lives and overall wellbeing.

10 ways sleep deprivation affects our daily functioning

1. Sleepiness causes accidents
2. Sleep loss dumbs you down
3. Sleep deprivation can lead to serious health problems
4. Lack of sleep kills sex drive
5. Sleepiness is depressing
6. Lack of sleep ages your skin
7. Sleepiness makes you forgetful
8. Losing sleep can make you gain weight
9. Lack of sleep may increase risk of death
10. Sleep loss impairs judgment, especially about sleep

Reference: Peri, C. (2014). Coping with excessive sleepiness. Retrieved from <http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/10-results-sleep-loss>



Mark Your Calendar

» UPCOMING EVENTS

UPCOMING EVENTS

- Next General Meetings – Thursday Oct. 4 and Nov. 1 at OSF, 6:00pm
- National Conference – Oct. 10-13th in Augusta, GA
- Board Meeting – Third Monday of each month - location TBD
- Member and Guest Networking Mixer – Oct. 23rd 5:30-7:30pm at Sip Wine & Beer, 131 South Orange Street, Escondido 92025



Chapter Happenings

Keeping our members up to date with what's happening in our chapter.

Member Spotlight

NEW & UPDATED SOCIAL MEDIA PAGES

This year is about focus.

Making sure we focus on items that further our chapters viability and sustainability. To achieve this goal, we need grow our chapter membership.

Imagine getting to double the number of awesome women you have met during your time in ABWA.
Sounds great, right?

Here are two simple things you can do to help:

1. **Invite, invite, invite**

You never know who will say yes, so invite them all!

2. **Get social (on social media)**

Take a few seconds each day to “like” or “share” our chapter events or happenings from our chapter’s Facebook, LinkedIn, and Instagram pages

A BIG PUSH FOR COMMITTEE INVOLVEMENT FROM OUR MEMBERS

What is the second topic of focus for this year? Glad you asked!

Increasing member engagement and member professional development are two additional chapter goals for this year.

Please join a committee. There are roles that fit all members’ interests and available time.

How can we accomplish this goal?

1. **Email or schedule a call**

Michelle Sullivan, our chapter VP, can help place you in a role that is right for you

2. **Expand your comfort zone**

Try something different, and expand your skills in any area (i.e. event planning, fundraising, computers, etc.)



Julie Albers

“I help those looking for natural or alternative forms of health care or products, by using plants in their most simplest forms ... Essential Oils.

I educate and coach individuals on safe, and effective Essential Oil use.”

Click link below to find out more...

[The Oil Stop Essential Oil Classes](#)

UPCOMING SPEAKERS & TOPICS

- October: Tax Law Updates from Harry Duffield, CPA and SCORE mentor
- November: Leveraging Yourself as a Thought Leader by Stefanie Blue
- December: Annual Chapter Christmas Party on Dec. 9th 2:00-5:00 at the home of Julie Kangas

The Proud Code of Conduct

The Proud Code of Conduct was developed as a means of guiding all members in making ethical decisions. The broad statements of the code of conduct that are listed below are not expected to cover all conduct for all situations. This is why the Proud Code of Conduct was created as a living and fluid code.

- 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, Express Network and Council 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.

ABWA Core Values

1. Giving members a voice
2. Treat people with dignity (Proud Code of Conduct)
3. Lifelong learning
4. Focus on creating value for members
5. Achievement
6. Visionary leadership
7. Focus on the future
8. Focus on results
9. Manage by fact
10. Management for innovation



<http://www.abwa-soaringeagles.org/>

MISSION STATEMENT

THE MISSION OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION IS TO BRING TOGETHER BUSINESS WOMEN 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.