

# WOMEN'S LEADERSHIP ALLIANCE NEWSLETTER



Collaborate • Educate • Advocate

## Recent Happenings

On **Women's International Day**, March 8th, 36 local women boarded a bus and headed to New York to join the walk across the Brooklyn Bridge. They were among thousands around the world who participated in **Women for Women International's** Join Me on the Bridge event to send a message of hope and peace to those whose lives have been shattered by war. The WLA organized the bus trip, with generous support from HealthQuest and Key Bank. Iraqi native **Zainab Salbi**, the founder of Women for Women International, was on hand and even wore one of our purple scarves during the walk! The Poughkeepsie Journal gave the Hudson Valley participants a "Three Cheers" high-five on March 15th.

The **Woud** in Highland was the elegant venue for our March 16th **Networking Event**. Attendees enjoyed our sponsor's generous hospitality while networking and learning more about the WLA.

Our **Charity of the Year** program supports a non-profit that is focused on women and children. The charity selected for 2010 is the **Grace Smith House** in Poughkeepsie, which helps women and their children to live free from domestic violence ([www.gracesmithhouse.org](http://www.gracesmithhouse.org)).

## WLA Mentor Program

Participants in our Mentor Program work in mentor/mentee pairs over a period of one year. Mentors and mentees also gather periodically to share successes, discuss challenges, and brainstorm ways to make

the program even better. Phase 1 of our Mentor/Mentee pilot program, which started in early 2009, is coming to a close in April. Phase 2, which started in September 2009, will wrap up in September of this year. Feedback from participants continues to be overwhelmingly positive, so we are looking into the possibility of starting a third session. If you would like to be a mentor or mentee in this program, please contact the chair of the Mentoring Committee, Alexandra Laubacker ([arlaubacker@ies-ny.com](mailto:arlaubacker@ies-ny.com)).

## Looking Ahead

This year's **WLA Tabletop Expo**, sponsored by DRA Imaging and Key Bank, will be held Tuesday **May 11** from 4:30 to 8:00PM at the Dutchess Golf & Country Club on Route 9 in Poughkeepsie. The theme for the event is **Look Good, Feel Good, Be Fabulous!** Our keynote speaker, **Tonia Tagliaferro**, will present **The Art of Dressing**, a program that emphasizes the connection between looking good, feeling self-confident, and projecting positivity. Regardless of your profession or lifestyle, being well dressed is a positive tool in achieving your goals. The tabletop expo area will feature a wide array of local businesses owned or represented by WLA members. Plan to network before the presentation and learn what local women are doing to make their businesses **Look Good, Feel Good, and Be Fabulous!**

Our Events Committee is planning another conference & expo event for the fall, so watch for details in future newsletters!

Other events we are working

on include **speed networking** and **educational seminars**.

## WLA Website

We'll bring you more information on these as plans firm up.

The WLA website will be undergoing some changes in the coming months as we work to make it a more effective tool for our members. Currently you can find information there about the WLA's leadership team and the Mentor program. In addition, this newsletter is available on the website, along with an archive of past issues. If you missed the February 2010 newsletter, you can download it from the website and read a recap of the WLA's first full year, along with a description of recent organizational changes.

To get to the WLA website, go to [drcoc.org](http://drcoc.org) and select Women's Leadership Alliance from the Committees menu at the top.

## Getting Involved

Would you like to help out? Please contact one of the **Events** Co-Chairs, Jennifer Dunn of State Farm Insurance ([jen.dunn.pw13@statefarm.com](mailto:jen.dunn.pw13@statefarm.com)) or Danielle Marxer of Lutheran Care Center ([dmarxer@thewartburg.org](mailto:dmarxer@thewartburg.org)); **Communications** Chair Michelle McCourt of Bridgeway Federal Credit Union ([mmcourt@bridgewayfcu.org](mailto:mmcourt@bridgewayfcu.org)); or **Mentoring** Chair Alexandra Laubacker of Integrated Enterprise Solutions ([arlaubacker@ies-ny.com](mailto:arlaubacker@ies-ny.com)). For general information, contact WLA Chair Carol Gordon of Rhinebeck Savings Bank ([Carol\\_Gordon@rhinebecksavings.com](mailto:Carol_Gordon@rhinebecksavings.com)).

## Tip: First Things First

Wouldn't it be great to be able to focus on getting one thing done at a time? Unfortunately, most of us do not have the luxury of choosing one task and working on it until it's completed. In today's world, we're all jugglers, and interruptions and distractions are the order of the day.

One solution is to constantly re-assess the tasks that need to be done, weighing both importance and date or time due. Keep a prioritized list and update it as new things pop up. But don't just keep a list—act on it! That phone call that needs to be returned may be lowest on your list of fun things in life, but if it's at the top of your priority list, just do it and get it out of the way!

- Carena Pooth

## Member to Member

As a new feature in this newsletter, we'll be publishing brief items submitted by WLA members. Do you have an inspiring story to tell? An event that other WLA members should know about? A tip for women who want to become more effective leaders or realize their potential...or just survive the rigors of the workday?

Send your submissions to newsletter editor Carena Pooth of Pooth & Associates Business Advisors at [cpooth@poothassociates.com](mailto:cpooth@poothassociates.com). Other suggestions and ideas for the quarterly WLA Newsletter are most welcome also!

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