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DUBUQUE

wln

DESIGNED TO PROMOTE AND SUPPORT WOMEN IN BUSINESS AND THEIR PROFESSIONAL PRACTICES.

A LETTER FROM THE WLN PRESIDENT

HAPPY NEW YEAR

Happy New Year! I hope you had a wonderful holiday season with your families and friends. My favorite gift that found its way into our home this year: Rock'em Sock'em Robots. So fun!

Now that the New Year is upon us the first thing that typically comes to mind is...you guessed it – Goal setting and New Years resolutions. Approximately 45% of Americans set new goals during the ring-in of the New Year. If you are in that 45%, you are either setting yourself up for success or failure. No one wants to attempt a positive change or set a goal only to lose focus in the first few weeks. It's estimated that 24% of people fail to achieve their goals every year.

It doesn't have to be that way. You can use the start of a new year to make significant changes that have a positive impact on your life. Brian Bosley from Torch Consulting gave me a great technique last year that helped me do just what I set out to – accomplish my goals! I'd like to share what I learned from him. It's a process called MCII. It stands for mental contrasting with implementation intentions and involves a four-step process.

1. Set 3 to 4 goals. A combination of both personal and professional goals. 1 to 2 should be something that are measurable and quantifiable.
2. Describe how it will feel once you reach each goal. Put as much emotion as possible to each answer. Describe the true benefit you and your loved ones will achieve by you reaching each goal.

3. List any potential obstacles or distractions you feel might prevent you from reaching each goal. These can be internal or external obstacles.

4 And finally, list a game plan for how you will overcome any obstacle or distraction you might face.

One more component that worked well for me was sharing my goals with Mr. Bosley. Each week during our discussion I would report the progress for achieving my goals. It held me accountable and the results were phenomenal. You don't have to tackle the world. Who knew?!

Looking forward to seeing you all at our January meeting for "Lead Yourself First...with Determination! You won't want to miss Lisa Schaefer's excellent presentation.

See you there!

Kim Budde

President, Dubuque Women's Leadership Network



A New and Improved dubuquewln.org!

Please take time to explore our new website. The content remains generally the same, but we were able to simplify the information and pages. If you recall from an earlier communication, registration for luncheons, networking events and conferences will all take place via the website. Additionally, WLN enrollment and renewals will all happen through the website as well. We appreciate your patience with our old website, patience in inevitable errors as we work through the new website, and support in our attempt to go green and accepting all payments online. We hope you enjoy it!

MEET A MEMBER:

Tami Rechtenbach

Vice President of Member Services and Training
Dupaco Community Credit Union

trechtenbach@dupaco.com



1. Tell us about your family and social life.

I am married to Eric Rechtenbach, and we have one daughter, Anna, who graduated from the University of Dubuque and currently works as an auditor for RSM McGladry. I also have a little Morkie named Teddy that keeps me entertained. I recently became the Secretary of the Eastern Iowa Chapter of Credit Unions and am currently finishing a 4-year term as the treasurer for Lord of Life Lutheran Church. One of my favorite volunteer positions was with the Colts Youth Organization driving their buses and housing the members from out of town. My daughter marched there for 6 years so we spent a lot of time traveling the country with the drum corp. As a family our favorite pastime is spending time on the river in our boat and time up north fishing and camping. We love to travel and try to do so as much as we can.

2. Where do you work and what do you do there?

I work for Dupaco Community Credit Union as Vice President of Member Services and Training. February will mark my 10th Anniversary with Dupaco. I oversee the new accounts functions as well as the corporate training responsibilities for the organization.

3. Why is networking important to you?

Networking is important because you build a group of individuals that you can share ideas with and together everyone becomes stronger and more creative. Networking is critical to creativity and innovation, which is what drives companies to be better.

4. Do you set New Year's resolutions? If so, what is your favorite one you've accomplished, most challenging, or this year's resolution?

Every year I strive to get healthier and continue to get a routine established for the gym. But the most important is to continue to grow and find ways to be innovative in my career and with my family. To never stop challenging myself and my peers to be the best they can be.

REGISTER NOW JANUARY LUNCHEON

Date: Tuesday, January 26, 2016

Time: 11:30 a.m. – 1:00 p.m.

Location: Diamond Jo

Topic Title: Lead Yourself First...With Determination

Speaker: Lisa Schaefer

Menu: Assorted Soup and Sandwiches, Garden Salad, Dessert,
Water, Ice Tea and Coffee

Cost: \$15 Members, \$20 Guests

RSVP: Noon, Friday, January 22
[Click Here to register today!](#)

SAVE THE DATE UPCOMING NETWORKING EVENT

Date: February 23, 2016

Time: 4:00 p.m. – 5:30 p.m.

Location: Holiday Inn - Blue Moon Room (lower level)

Menu: Heavy Hors d'oeuvres & Cocktails

Cost: \$15 Members, \$20 Guests

RSVP: Noon, Friday, February 19
[Click Here to register today!](#)

DECEMBER BREAKFAST RECAP

We enjoyed the spirit of the holidays together on December 15th through laughter, socializing and learning fun and funny facts about our fellow WLN members. From travel experiences to sports awards, our group is diverse and amazing in so many ways. We enjoyed a wonderful breakfast at the always-beautiful Hotel Julien. It was a nice, relaxing way to kick off the holidays, plus all members received an early Christmas gift from WLN!

Thank you for your participation...it was a blast!





Invite Someone You Know to Join WLN Today!

“The richest people in the world look for and build
NETWORKS.

Everyone else looks for work.”

~Robert Kiyosaki

Share your passion for WLN with a friend or colleague by encouraging them to be part of the Women's Leadership Network today. Provide them with the opportunity to take advantage of all the great benefits you receive as a WLN Member, while at the same time building your own personal network to share best practices.

It is easy to do!

1. Beginning **November 1**, both new and existing members can join or renew their WLN membership through December 31, 2016 for just \$75.
2. Corporate memberships consist of 5 participants at the rate of \$350 (\$70 per member), so if you have a group of 3 or 4, it's a great reason to recruit an additional member or two!
Thank you to our current Corporate Memberships, American Trust & Saving Bank and Dupaco Community Credit Union.
3. When referring a friend or colleague to WLN, have the person(s) you are referring select the '**Referred by a Current WLN Member**' button on the WLN registration page and make sure they reference your first and last name.
4. You will receive one entry in our drawing that will take place at the March Luncheon for each person you refer who becomes a WLN Member from November 1, 2015 - March 15, 2016. **Five lucky winners will receive great prizes and you do not need to be present to win!**
5. We will also recognize the individual with the most referrals from November 1, 2015 to March 15, 2016 at our annual Women of Achievement Awards Dinner.

It is that simple to make a difference in a friend or colleague's career by showing them how to start their own WLN journey today.

For answers to any questions you may have about referring a member or our Corporate and All-Inclusive membership packages, please contact Membership Director, Jennifer Mond at jmond@pltnm.com.

Thank you for your continued support!

www.DubuqueWLN.org

- MEMBERSHIP RENEWAL -

**Renewal time for WLN was January 1, 2016.
Haven't renewed yet? Click Here.**

Check online for NEW membership options from all inclusive to Corporate Packages

Please contact Jennifer Mond, Membership Director, with any questions: Jennifer.Mond@cesco.com

LUNCHEON BOOTH SPOTLIGHTS

Showcase your business or volunteer opportunities at a monthly luncheon. Open dates are available!
There will be a max of 2 booths per luncheon and are on a first call first served basis.

Please send your booth request to Katie Kenne at: kkenne@DubuqueFightingSaints.com



CONNECT WITH US: Contact a Board Member or Follow Us Online

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