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# DUBUQUE

## wln

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

A LETTER FROM THE WLN PRESIDENT

## Overworked and Overloaded

I hope that everyone is having a wonderful spring and enjoyed Mother's Day. Whether you are a mother or not it is a great day to kick back, relax and see how much actually gets done without your help! All women, mothers or not, overload ourselves by multitasking and trying to squeeze in one more item on our to-do list. During our Annual Meeting in May we will hear from Ann Kerian who will share "8 ways to Overcome Overload" and achieve a better work-life balance. Even the masters of multitasking can get burnt out, so I'm sure everyone will be able to walk away with some tips to alleviate the stress.

Along the same lines, I ran across an article by Alison Green for U.S. News about handling overload at work. We can be stretched too thin, but how do you communicate that to your manager? Some women might not want to share they are overloaded in fear that it shows weakness or incompetence, but that's not the case at all. We can, and should, ask for help! Alison Green mentioned these tips:

1. Don't assume that your manager knows how high your workload is. Your manager can't help you if she doesn't realize there's a problem. You're the person paying the most attention to your workload, not your manager, and she may assume since you're not speaking up there isn't a problem.

2. Talk to your manager about the situation. Pick a time when your manager isn't rushed and ask to talk about your workload. Be prepared to explain what's behind your workload increase since your manager may not be as aware of your demands.

3. Suggest options. You're most likely to get the help that you need if you come prepared to talk about options. For instance, you might say, "I can do A and B, but not C. Or, if C is really important, I'd want to move A off my plate to make room for it. Alternately, I can act as an adviser to Jane on C, but I can't do the work of C myself if I'm also doing A and B."



Visit <http://money.usnews.com/money/blogs> for the rest of Alison's blog. Take these tips, and Ann's during our Annual Meeting, seriously!

Yours Truly,

*Lisa Bowers*

President, Dubuque Women's Leadership Network

## MEMBERSHIP LIST AND DIRECTORY

The membership list and directory has been updated on our website, [dubuquewln.org](http://dubuquewln.org). Please take a few moments to double check your contact information. The information on the membership directory is for paid members only and is password protected. If you have forgotten the password, please contact a board member.

# MAY LUNCHEON

## Be Engaged - Overcoming Overload



Join us in May and learn how to diminish the drama by working with people instead of paperwork. Don't let technology bring you down. At this luncheon, you'll hear 8 ways to Overcome Overload and have a better work-life balance.

### About the Speaker:

Ann Kerian spent more than 15 years motivating people through a camera lens. Now, she takes her talents to another level as an Executive Coach, Consultant, Motivational Speaker, Fundraiser and Author. Ann is a former award-winning Television News Anchor/Reporter turned Executive Coach and Media Consultant. Her most recent

television station was KWWL-TV in Waterloo, where she anchored the news with Ron Steele for six years. She's a member of the International Coach Federation and the National Speakers Association. She was born and raised in North Dakota, where she began her career. She then worked in North Carolina, Florida, and Iowa. Her current client list ranges from hockey moms to Fortune 500 companies. She lives with her three sons, two dachshunds and one husband in Wisconsin Dells, Wisconsin!

# REGISTER NOW

## MAY LUNCHEON

Date: Tuesday, May 26, 2015

Time: 11:30 a.m. - 1:00 p.m.

Location: Meadows Golf Club

Topic: Be Engaged - Overcoming Overload

Speaker: Ann Kerian

Menu: Orange Balsamic Chicken Breast, Cranberry/Kale Rice Pilaf, Roasted Vegetables, Crusty Rolls.

### RSVP: Noon, Thursday, May 21

\$15 for members only. (There is a \$3 additional fee for registering after this time so be sure to register early!) Use the online registration form at [DubuqueWLN.org](http://DubuqueWLN.org).

## MEET A MEMBER:

### Katie Dupont

Staff Auditor | Dupaco Community Credit Union

563-557-7600 | [kdupont@dupaco.com](mailto:kdupont@dupaco.com)

#### 1. Tell us about your family and social life.

I was born and raised on a farm in Sherrill, IA where I also currently live. I graduated from Loras College in 2010 with a major in Accounting and Finance and a minor in Management Information Systems. I obtained my CPA license after graduation while working for a public accounting firm in Dubuque. I enjoy doing anything outside: walking, traveling, playing softball and spending time with my family and friends (especially my nieces and nephew). I love Marco's pizza, could eat any kind of ice cream, and enjoy a cold Michelob Ultra.

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

I have worked at Dupaco Community Credit Union for 2.5 years. As part of my job within the Internal Audit department, I am developing and growing the independent Internal Audit function of the Credit Union, which involves reviews of the various departments to ensure there are effective, efficient, and proper controls over the policies and procedures. This in turn benefits our members and safeguards their investments. I love being able to be part of the Dupaco family, not only is the culture very unique and dynamic, it's such a rewarding place to work!

#### 3. How is being a member of WLN valuable to you?

It's a great way to meet other professional women in the area, in various roles in their field. It has strengthened my leadership and professional skills and grown my network. The luncheons are informational and the Leadership Conference is very motivational.

#### 4. What is your favorite Dubuque event/festival?

Best Fest - It's a great event, which helps promote local businesses and gives them an opportunity to showcase their specialties. Plus, it's a great way to try a little something from each business, and it supports a great cause!



# SAVE THE DATE

## JUNE GOLF OUTING



Date: June 15, 2015

Where: LaComa Golf Course

This year's golf outing will allow for a better networking experience amongst members. On the registration form, sign up with a friend or coworker, and then your team will be matched with another pair to facilitate networking. More details on the next page.



WOMEN'S LEADERSHIP NETWORK

## Women's Leadership Network Annual Golf Social 2015

*Join us for a fun filled afternoon with golf, food & prizes!*

**Monday, June 15, 2015**

**Lacoma Golf Course, East Dubuque, IL**

**Arrive by 12:30 p.m. for 1 p.m. shotgun start**

**9-hole, best shot event**

Contact Name \_\_\_\_\_

Company Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ E-mail Address \_\_\_\_\_

Golfers:

1. \_\_\_\_\_

2. \_\_\_\_\_

Golf reservations: Golf, cart & dinner = \$55/person

Golf & cart only = \$35/person

Dinner only at 4:30 p.m. = \$25/person

*Checks payable to: WLN*

I am interested in sponsoring a hole for \$100 at which I can promote my business.

I am interested in donating a raffle prize which will give my organization recognition at the dinner.

Register online at [www.dubuquewln.org](http://www.dubuquewln.org)

-OR-

Mail registration form and payment to:

Women's Leadership Network | PO Box 1334 | Dubuque, IA 52004

-OR-

Email this information to: [cellingson@marchofdimes.com](mailto:cellingson@marchofdimes.com)

**DEADLINE: Monday, June 8, 2015**



## *wln* CONNECTIONS RECAP

Women's Leadership Network Connections Discussion Group has created opportunities for women to have inspiring and important conversation on leadership, work life balance and workplace issues. Monthly discussions started in the fall and explored the Book Lean In by Sheryl Sandberg. Members discussed how to overcome the stereotype of being "bossy" and steps to take to identify our roles in leadership. Also, a mentoring opportunity came where members took a concept from the book and began to apply it to their lives.

In January, another group began and a new book was discussed. Attendees read Thrive by Arianna Huffington, where the discussions focused around the meaning of success. Many scenarios described how our pursuit of traditional success has left women burned out. We were able to get connected to describe our aspirations for a quality life, relationships and careers.

WLN's Connections Group is an open discussion circle that strives to connect women through learning and sharing. We strive to provide a caring, confidential environment to discuss real world situations in order to gain insight, support and best practices for our members. We use discussion topics presented from best selling authors, but no worries, you do not have to read the book to participate.

New groups are forming and if you would like to enjoy a network of women who support and empower each other, please contact Justine Bemis at [jbemis@americantrust.com](mailto:jbemis@americantrust.com) or Lisa Schaefer at [shinewithschaefergmail.com](mailto:shinewithschaefergmail.com)

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](mailto:kkenne@DubuqueFightingSaints.com)

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