

SPW™

Society of Professional Women®

A Program of The Main Line Chamber of Commerce

Storytelling with a purpose



Photos Provided by:
Pictures by Todd Photography

Director's MESSAGE



torytelling! This year's theme reflects on the power of sharing stories.

I'd like to begin by sharing a small part of my story and how the Society of Professional Women changed my life. As a young professional in a corporate setting I didn't know what I really needed or where my path would lead. After attending an SPW event with Adam Grant in 2014, I knew I wanted to change my trajectory. Little did I know that a job at The Main Line Chamber of Commerce was in my near future. Five years later, and I have been challenged more than ever, learned and absorbed from the brightest minds and leaders, found my true value, developed strong relationships with people in our communities and helped more people than I would have thought possible. I am proud to come to work everyday striving to make positive change as part of a broad movement to level the playing field for women in the world my daughter is growing into.

Looking back on 2019, The Main Line Chamber of Commerce celebrated a decade of the Society of Professional Women program and the positive impact it has brought and continues to bring to our members and supporters. SPW has spread its mission, through well over a thousand interactions each year, to accelerate the advancement and expand the influence of women leaders of all professions and generations, strengthen our business community and support the region's non-profits. We put forth ideas that lead to greater inclusion across a broad spectrum.

In 2020, SPW and our partners, led locally and nationally by Drexel University-affiliated Vision 2020, will celebrate the centennial of women's right to vote while acknowledging that not all women were included in this right. SPW will host Robin Gerber, a bestselling author, historian and leadership expert during Women's History Month in March to discuss her book, "Leadership the Eleanor Roosevelt Way." Through the stories of great women, she teaches empowering and insightful lessons about leadership and success.

Over the last decade, SPW has become the largest program at The Main Line Chamber. It has strengthened The Chamber along with many of the participants in our programming. We offer insightful keynote addresses, interviews, panel discussions, workshops, peer mentoring groups and more. The story of SPW and its evolution is powerful, proving there is strength in collaboration and intentional inclusion. In 2020, we look forward to an exciting new initiative, the SPW No Limits Leadership for Women in Technology gathering, focused on undergraduate women, working with The Chamber's Talent and Education Network, which is focused on the talent of our region.

Our stories are just beginning. Please let me know if there is ever anything that I, or my colleagues, can do to help you.

A handwritten signature in black ink, appearing to read 'Nicole Stephenson'.

Nicole Stephenson

When “That will never happen to me” happens.



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Communications Sponsor



Comcast Business

Ian Gallagher, Regional Marketing Director

Comcast Business is extremely proud, honored and privileged to continue our successful partnership with The Main Line Chamber of Commerce and SPW as the Communications Sponsor. Comcast Business strives to assist MLCC members in growing their businesses through our suite of solutions, providing advanced communication services to businesses of all sizes and industries. Through a next-generation network that is backed by 24/7 support, Comcast delivers Business Internet, Ethernet, TV and a full portfolio of Voice services for cost-effective, simplified communications management.

Our partnership with SPW and the Main Line Chamber has led to new, lucrative business opportunities and has helped grow our overall business throughout the region. However, most importantly, SPW has given us the opportunity to give back to the local business community and support the shared goals of both organizations. Our constant commitment to diversity and inclusion reaches well into the communities we serve with unique, original content and programming and into our supply chain by encouraging, facilitating, and empowering minority, women-owned and other diverse businesses to work with us. With our many community partnerships, we focus our resources, talents, and passions into making all communities stronger.

At Comcast, we recognize, celebrate and support diversity and inclusion and our support of organizations such as SPW is one example. We look forward to continuing that support in 2020 and beyond.

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- Help employees excel
- Strengthen talent practices
- Grow your business



The Main Line Chamber of Commerce™
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Champion Sponsor



Wells Fargo

Lauren Tobiassen, Regional Bank President

Wells Fargo is proud to again be a Champion Sponsor of the Society for Professional Women (SPW). Our involvement with SPW goes back many years and in that time we have seen women take on greater leadership roles within our company with women also rising in the ranks of our business customers.

Working with SPW and the Main Line Chamber is a privilege for us as we all share the same goals—helping local business owners and company executives succeed by providing information, guidance and networking

opportunities.

At Wells Fargo, we are proud of our commitment to lending to women owned firms, and to our commitment to small business. Launched three years ago, WellsFargoWorks.com is an online resource that offers guidance and services that small business owners need, including a complete guide to creating a business plan. The website is free and any business owner can take advantage of the resources found there.

Whether it's our efforts around lending, financial education or support of nonprofits that focus on women, we are working to reach one simple goal—to help women executives and women-owned business customers to succeed financially—and that is a goal we will have for decades to come.

Women's Health Sponsor



Carolyn F. Gorman, MBA, CMPE

Senior Vice President, Strategy, Business Development, Communications and Marketing

Through our partnership with SPW, our employees have the opportunity to take advantage of continuing education and professional development opportunities. Employees from across the organization--both men and women--have enjoyed the lunch and share session and participating in the SPW mentoring program each year.

It is difficult to choose a favorite event. There is no shortage of great programming offered by SPW. One event that I heard a great deal about this year was the lunch and share featuring Dr. Temple Grandin, a professor of animal science who is well-known for her role in autism advocacy. I understand that, in Dr. Grandin's presentation, she discussed the value of neurodiversity...the practice of hiring diverse minds to build a talented team.

This commitment to neurodiversity is something that resonates with me and with many of my colleagues at Main Line Health, as we have programming aimed specifically at providing career and internship opportunities to individuals with a wide range of backgrounds, abilities and education. The Project SEARCH program at Bryn Mawr Rehab, for example, helps place adults with disabilities in careers that match their skills and abilities. Through our partnership with Christo Rey High School in Philadelphia, Main Line Health employees supervise and train high school students for future careers in health care.

Having a resource like SPW to turn to for thought leadership in these areas is valuable, and I look forward to continuing to hear from our peers in the region about how they are embracing change and looking to the future.

Employee Benefits Sponsor



My Benefit Advisor/USI Affinity
Lauren Pipari, Senior Account Executive

Evaluating Your Benefits Broker Relationship: 5 Important Questions To Ask

It walks the benefits broker you've had for the last ten years. You exchange the usual pleasantries, but they're ready to get right down to business. Now, don't get me wrong, you like your benefits broker. They are nice people and always return your calls. They resolve issues when you ask, and are glad to come out and see you once or twice a year. But is that enough? Are they really adding value to your business and to your employees? Ask Yourself: Is It Time to Consider a Change in Benefits Broker?

When evaluating your broker relationship or considering changing brokers, ask yourself the following questions to ensure that you will get the most out of your partnership:

1. How have my needs and expectations evolved with respect to what my broker brings to our organization
2. Are we being challenged with the most progressive ideas and strategies to help control cost while improving our benefit offerings?
3. How does my broker and the solutions they bring to the table support my employees? Have they focused time and resources on providing overall benefits education and are my employees smarter consumers and satisfied with my benefit programs as a result?
4. Have we progressed in areas such as technology, benefits administration, and compliance? The modern broker needs to be well-versed in supporting advancements that will evolve and drive business and financial efficiencies.
5. Is our broker looking at our employee benefit strategy on a year-to-year basis and in a reactionary manner that really only focuses on cost-shifting? Additionally, are we letting the insurance markets dictate our strategy or are we purposeful in building and actively managing a three-year benefits vision that takes into account the goals of our business and corporate culture?

USI's My Benefit Advisor is committed to meeting and exceeding the expectations of the 5 questions above. One example of our commitment to SPW & Chamber members is an investment we have made in an excellent HR tool from a company ThinkHR. ThinkHR provides access to a full-suite HR solution. Effective HR tools can provide small- and mid-sized employers with much needed support without the expense of hiring additional HR staff. When you engage our brokerage you receive live support, training courses, and a comprehensive online library. The hotline number answers calls with a team of HR advisors that can provide useful advice, offer a second opinion, or coach you through urgent issues. The database is continually updated to make sure you have access to the most recent policies, laws, and best practices for quick reference. All of our clients receive this service at NO cost.

Who attends SPW events?



80% Women | 20% Men



44% - Entry Level
5% - 30 & Under



21% - Business Owner
35% - 31 - 45



15% - Executive Level
12% - 60+



35% - Middle Management
48% - 44 - 60

Diamond Sponsors

B101.1



"Partnerships with members of the advertising community are the gold standard of the media industry. SPW's wonderful programs & networking capabilities allow us to nurture & cultivate those partnerships. SPW's membership aligns with the prominent thought leaders in the communities where we live & work."

Fidelity Investments

Rachel Robertson, Market Leader, Philadelphia



"As the official Women Helping Women Sponsor of Society of Professional Women, we are able to support the mentoring program where women are provided an environment to learn from each other both professionally and personally. The Trademark and Lunch & Share events are great venues to host our prospects, clients, existing work force and potential employees." Fidelity Brokerage Services, LLC Member NYSE, SIPC 861452.1.0

Saint Joseph's University

Joseph P Kender, Jr., VP, University Relations



"SPW is an ideal partnership for Saint Joseph's University. Our staff and faculty continuously remark about the high caliber speakers and the tremendous networking opportunities provided by SPW. I am proud to hear of the wonderful relationships that have formed with business organizations as well as the featured non-profit."

Platinum Sponsors



**Stradley Ronon
Stevens & Young, LLP**
Tara Walsh, Partner

SPW's commitment to the advancement of women and diversity is an invaluable asset to the Main Line community, and Stradley

Ronon is proud to be a long-time sponsor of this exceptional organization. SPW provides our attorneys with a forum to network with and learn from some of the best and brightest professionals in the area. We are looking forward to another exciting year with SPW."



UnitedHealthcare
Michelle Golgia, Vice
President, Sales and
Accounting Management

"At UnitedHealthcare relationships mean trust. Trust is earned and preserved through truthfulness,

integrity, active engagement and collaboration with our clients, healthcare providers and facilities. SPW has helped me to form and grow valuable personal and professional relationships."

Gold Sponsors



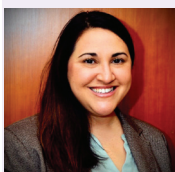
1847Financial

"For our 1847 Financial team, SPW has been a way for us to abandon anything about our lives and habits that might be holding us back. The inspiration we receive from the speakers and the connections we make at events are priceless!"



Closets By Design Christine Kazigian, Marketing Manager

"SPW has allowed us to create lasting relationships and a continued presence with a group of professional individuals that appreciate our products and services."



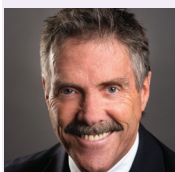
Enterprise Holdings Becci Miller, Area Sales Manager

"Our employees look forward to attending the different SPW events. The speakers are incredibly impactful for both personal and professional development. Many of our employees are young in their career and hearing stories of other women and how they overcame is very rewarding."



Firsttrust Bank Debra Yelson, VP, Community Banking Manager

"SPW programming, including the Peer to Peer Mentoring Program and Leadership Workshops, continue to enhance the professional development of our employees. Our clients enjoy the great speakers, content and networking available."



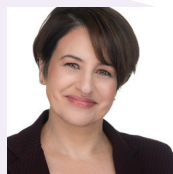
Main Line Today Joseph Breck, Publisher

"The relationships we've developed and the fascinating people we've met have benefited all aspects of our magazine. Community is at the heart of Main Line Today, and our sponsorship of SPW is a critical component to this success."



Montgomery County Community College Dr. Vicki Bastecki Perez, Interim President and Provost

"The Society of Professional Women is a valuable partner that empowers women at all career stages to identify and share their talents. We greatly appreciate SPW and the opportunities that they provide for networking and community building across business, industry, and non-profit sectors."



Techwise Group Lauren Schwartz, CEO

"While attending an SPW breakfast event featuring the Women's Veteran Center, our two employees were inspired to get involved in volunteer work! They learned that volunteering not only helps give back to the community. It gives employees a chance to break away from the stress of their 9 to 5 routine to help others and lets them feel good in the process."



Univest Bank and Trust Co. Mike Keim, President

"The Main Line Chamber does a fabulous job through SPW in bringing professionals together to learn, network and grow. Univest is proud to be a partner and to be actively involved in this successful program."



Valley Forge Casino Resort Lori Glennon, Executive Director of Sales

"Valley Forge Casino Resort has been an active member & sponsor of SPW for 7 years and are proud to be part of such an important local organization."



Vertex, Inc. Lisa Butler, CFO

"SPW has provided women leaders in our company with an opportunity to meet and build relationships with interesting and accomplished female professionals in the greater Philadelphia area. These connections help our employees to become more successful in both their personal and professional lives. As a company, Vertex believes investing in women leaders and the local community are both vital to our continued success."

Silver Sponsors



Aqua America
Laurie McGarvey, Organizational Development Manager

"at Aqua America we rely on SPW as a primary retention tool to keep employees engaged and to develop their leadership skills. We have found the programs and initiatives to serve both our new and seasoned professionals as they seek to expand their professional networks. The SPW programs are always highly relevant and timely for the work we do."



Devereux Advanced Behavioral Health
Rhea Fernandes, Exec. Director of Children's Behavioral Health Services

"With strong female representation among Devereux's senior leadership, we are proud to sponsor SPW. Our staff enjoys the opportunities offered through SPW."



Ernst and Young, LLP
Justo Villasmil, Partner/Principle

"As a proud supporter, EY is looking forward to SPW's insightful programs, which create an environment that supports women to develop their leadership potential."



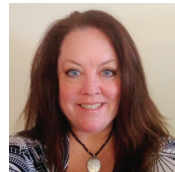
Experience Chiropractic
Dr. Brandie Nemchenko, President

"SPW is like no other. By being a part of this amazing organization, Experience Chiropractic has been able to build relationships throughout the community with other woman owned businesses. Being in the medical field, this is especially beneficial as it provides a safe place for the community to seek chiropractic care like no other."



Giant Food Stores, LLC
Stacey Miller, MBA, USAF (Retired)
Diversity & Inclusion Program Manager

"Through our sponsorship and partnership with SPW, our Associates have had the opportunity to develop themselves with access to top leaders during the events, giving them inspiration and tools to develop themselves and their careers."



Livengrin
Brenda Greene, Director of Development

"I love being a part of this incredible group of women as I embark on a new chapter in my career. Their commitment to our community in providing a professional platform to network enables women to be empowered in their jobs. The dynamic speakers and topics that were presented throughout the year were relevant to the many challenges we face in our everyday workplace. I look forward to many more opportunities the SPW will provide throughout my career."



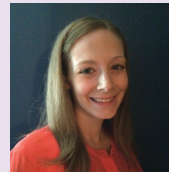
Lord and Taylor
Ravi Paudel, General Manager

"Through sponsoring SPW, our company has met some amazing businesswomen who have collaborated with us on in-store events."



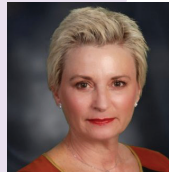
Pictures By Todd Photography
Todd Zimmerman, Photographer

"A benefit that can't be ignored is being able to meet and connect with all the amazing and talented people that SPW attracts. It's really a unique and amazing group!"



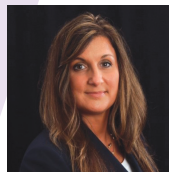
Seasons 52
Kim Corslund, Sales Manager

"We look forward to hosting the Lunch & Shares and meeting new guests. We love being involved with such an amazing organization and seeing the relationships that can be built from the connections you make."



Suburban Square
Joy Medlock, General Manager

"Networking at the SPW events has provided opportunities to speak directly with people who know Suburban Square and to those who are not familiar with the center. As a result, I've been able to elevate customer experience."



Valley Forge Tourism & Convention Board
Lisa Karl, VP of Sales and Strategic Partnerships

"As women leaders, we strengthen our business communities in unique ways and have a responsibility to be supportive mentors. In 2020, I am looking forward to doing just that - through our involvement with SPW."



WSFS Bank
Chrissy Bowden, VP, Regional Manager

"We have made some great connections during the networking portion of the events, but we also have been able to continuously develop our leaders with the relevant topics. I have purchased every book when an author speaks, and we share within our Region as a Learn and Share exercise during our monthly meetings. This has been an added benefit that my whole team can be a part of!"

Event Sponsors

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Lincoln Financial Group | Monarch Staffing
M&T Bank | Nolan Painting | PECO | The Carney
Group | Valley Forge Educational Services
Wirecard

2020 Calendar of Events

Event Cost: MLCC Gold Members \$45 ■ MLCC Members \$50 ■ Non-MLCC Members \$60



Scream Your Dream - Find Your Marketing Voice

Thursday, February 20, 2020

Cheldin Barlatt Rumer, CEO of i-g creative and Executive Producer & Host of *This is it TV*

Confidence is key, awareness is essential, and a plan is necessary for you to promote your business to your ideal target market. Cheldin Barlatt Rumer shares a realistic strategy and suggested tactics to assist you in identifying your “unique marketing voice” which will aid you in no longer whispering your wishes but SCREAMING YOUR DREAM! Your marketing voice will empower you to build your business, grow your community and increase sales in a measurable way. As CEO of i-g creative, Rumer has spent close to two decades creating, managing and executing strategic grassroots marketing campaigns for clients within an array of various lifestyle industries.



Leadership the Eleanor Roosevelt Way

Thursday, March 19, 2020

Robin Gerber, Author, Historian and Leadership Expert

Robin Gerber is a bestselling author, historian and leadership expert. Through the stories of great women, she teaches empowering and insightful lessons about leadership and success. She is a popular keynote speaker, with an online course, “Leadership Your Way,” that goes beyond her talks, using stories from Eleanor Roosevelt. Katharine Graham, Ruth Handler, Rosa Parks, Michelle Obama and more. In early 2020, Robin will be featured on the CNN six-part documentary series about American First Ladies. Her book *Barbie and Ruth*, about the founder of Mattel and the creator of Barbie, is being made into a major motion picture with Reese Witherspoon producing.



Accessing Gender Equality in the Workplace, An Interview

Thursday, May 21, 2020

Kimberly Ramalho, VP, Communications and Public Affairs Lockheed Martin Rotary and Mission Systems (RMS)

Kimberly Ramalho has nearly 25 years of communications experience and is credited with developing programs that deliver a high return on investment, motivate employees and increase awareness of the business. She is actively involved in the corporation’s Diversity and Inclusion efforts and serves as an executive champion for Lockheed Martin’s Women’s Impact Network. She’s a firm believer in having it all (and does, as she resides in New Jersey with her husband and twin children) and publishes regularly on the topic of gender equality in the workplace via her Thrive Global column. This fireside interview will provide perspectives into how those in leadership positions can embrace the next workforce generation and beyond.



Live Limitlessly

Thursday, June 25, 2020

Laura Gassner Otting, Author and Leadership Expert

Many of us spend our lives pursuing a singular idea of success, one that was created for us by someone else. We give votes to those who shouldn’t even have voices and strive to go faster and faster even as we find ourselves falling further and further behind. We chase gold stars, we check all the boxes, we Lean In – and we still feel incomplete. In this keynote, Laura Gassner Otting teaches you how to ignore the rules that created your limits, align your energies and your actions, and do work that really matters so that you can live your best life. This talk lights a fire within that catalyzes energy and excitement towards becoming the change agent needed to maximize impact.



Go Far Together: Lessons from the Sidelines

Wednesday, September 2, 2020

Ashley Fox, Award-winning Sports Journalist and Analyst; NFL Reporter and Columnist

Ashley Fox is one of the NFL's most well-respected journalists and a trailblazer in the ego-infused world of sports media. NFL coaches by nature are overachievers, plagued by insecurity and motivated by the pursuit of greatness and the avoidance of failure. They are the de facto CEO's of billion-dollar corporations. In this inspiring keynote, Ashley shares her unique experiences covering America's sporting obsession and the lessons she's learned from the leaders of the most exceptional athletes on the planet.



The Importance of Second Chances: Opportunities to Learn and Grow

Thursday, November 19, 2020

Dr. Yolanda Flournah-Perkins, Author, Entrepreneur and Motivational Speaker

The semester she was scheduled to graduate from college, 23-year-old Flournah-Perkins was sentenced to 37 months in federal prison. During her imprisonment, she realized that she, and many other incarcerated women, had low self-esteem. From Federal Prison to Doctoral Degree, Dr. Yolanda Flournah-Perkins highlights her journey in her book *NOW: My Journey Your Lessons*. This book was written to remind individuals that your life is not over after a mistake or wrong decision. Every single one of us possess within ourselves the full potential and ability to shatter glass ceilings, disrupt the status quo, and break down barriers. Today, Dr. Flournah-Perkins continues to share her story of incarceration in order to bring awareness and attention to the issue of low self-esteem, and to encourage, motivate, and inspire others who are released back into society.

- Divorce -

- Mediation -

- Child Custody -

- Child Support -

- Protection
From Abuse -

- Equitable
Distribution -

- Alimony -

- Step-Parent
Adoptions -

- Prenuptial
Agreements -

- Postuptial
Agreements -

- Estate
Planning -

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Managing Attorney
Jennifer J. Riley

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Lunch & Share Conversations

January 29, 2020

Unlock the Secrets of Executive Presence and Power Your Promotional Potential!

Presented By:
Barbara Eiser,
Executive Coach,
Leadership Development
Expert and Author

April 23, 2020

The Importance of Maternal Health

Presented By:
Hilary Waller, LPC
Director of Programming/
Psychotherapy at
The Postpartum Stress
Center, and a panel of
experts

July 16, 2020

How to Listen and How to be Heard: Inclusive Conversations at Work

Presented By:
Alissa Carpenter, M. Ed.
Keynote Speaker and
Facilitator for Everything's
Not Ok and That's Ok ®

October 15, 2020

57,600+ Hours of Unplanned Time: This is NOT Your Typical Retirement Planning Seminar

Presented By:
Autumn Nessler, Principal
of An Intentional Life, LLC

All Lunch & Share conversations will take place from 11am-1:30pm at Seasons 52 - King of Prussia

About SPW Programming



Trademark Events

These engaging programs are attended by 200+ professional men and women from companies of all sizes. In addition to networking with the regions leaders, attendees enjoy world-renowned keynote speakers including visionaries, executives and celebrities. A non-profit organization is featured at each event, giving it an opportunity to share its mission and needs, while receiving donations and financial support from SPW sponsors and attendees.



Leadership Workshop

Companies of all sizes are investing in SPW's workshop as a way to retain and develop their high-potential leaders. This interactive workshop includes sessions on developing executive presence, negotiation strategies and effective leadership skills. The workshop, led by nationally recognized leadership development facilitators, provides the opportunity to connect with the best and brightest minds from leading organizations.



Gold Leaf Celebration

The Main Line Chamber of Commerce, in partnership with the Society of Professional Women and Devereux Advanced Behavioral Health established the Helena Devereux Women in Leadership Award to recognize outstanding female professionals whose work has positively impacted the Greater Main Line Region. Dr. Marisa Weiss of Main Line Health and BreastCancer.org was honored in 2019.



Lunch & Share Conversations

These informal educational lunch programs are limited to 85 participants and feature an expert on a specific topic. The sessions are interactive and encourage collaboration and participation among the attendees and presenter. Topics range from categories under the scope of legal, wellness, development, finance, branding and more. Attendees take advantage of invaluable networking opportunities before and after the presentation.



Women Helping Women Peer Mentoring

These intimate gatherings bring women of all generations and diverse professions together in a confidential environment. Women share their experiences, knowledge, goals and workplace challenges, building life-long relationships. Each participant receives personalized coaching and mentoring from peers, mentors and guest experts.



No Limits Leadership Initiative

Women leaders share their career journeys and provide insight on how to turn obstacles into opportunities to empower young women with confidence to reach their full potential, and realize their ability to become future leaders in business, government, board rooms and the community. SPW in partnership with The Main Line Chamber of Commerce Talent and Education program has awarded scholarships, internships, and career opportunities for collegiate attendees.

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2019 Best of Main Line
 medianews
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"Since graduating from the program, my company has experienced great growth. In the last year alone, we have doubled our school partners and meal production."



Goldman
Sachs

**10,000
small
businesses**

YOU BUILT YOUR BUSINESS. WE'LL HELP YOU GROW IT.

Rhys knew he wanted to grow his company that provides healthy meals to kids, but didn't know how. Through the Goldman Sachs *10,000 Small Businesses* program he gained practical business skills that he immediately put into action. Together with the advice and support of business experts and like-minded small business owners, Rhys nearly doubled his company's revenue in each of the last three years. And he is not alone; over half our participants increased their revenue after graduation.

If accepted to the program, you too will gain access to a world-class business education and connections to a professional support network at no cost to you.

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We're honored to be recognized for excellence in Wealth Management and Trust Administration. But our real reward is the satisfaction of presenting our clients with custom solutions for all areas of their financial lives.

Clockwise from top left: Juliana Strong Karnavas, Leslie Gillin Bohner, Esq., Carolyn L. Wyeth, Nicole Bennett Price, CFP®, Nan M. Lansing, Tara R. Hedlund, CFA, CPA



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Because treating you is the most honorable thing we'll ever do.

Be seen.



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Bryn Mawr Rehab Hospital | Mirmont Treatment Center | HomeCare & Hospice | Lankenau Institute for Medical Research

mainlinehealth.org/beseen