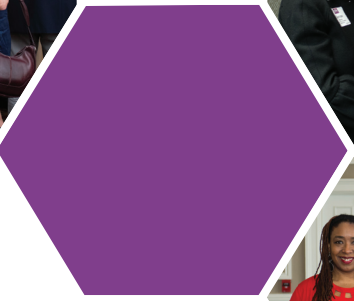


**Educate**



**Connect**



**Influence**



**Inspire**



**SPW**<sup>TM</sup>

**Society of Professional Women**<sup>®</sup>

A Program of The Main Line Chamber of Commerce

# SPW: Educating, Connecting & Inspiring the Progress of Women



By **Rose Ann Scanlon**  
*Facilitator,*  
*Society of Professional Women*

On September 13th of this year, at the invitation of the President of the United States, House Minority Leader, Nancy Pelosi, had dinner at the White House with him and 10 other high-level political leaders. During the dinner, the Secretary of Commerce asked

the attendees, including Pelosi, the only woman present, a question. As Pelosi tried to respond, the men at the table started talking over each other.

“Do the women get to talk around here?” Pelosi asked. The table fell silent and she was not interrupted again.

Although it is 2017, women are still being ignored. Even one who has been 3rd in line for the most powerful job on the planet! The difference today is that women are standing up for themselves and others, and enlightened men (many of whom attend Society of Professional Women events) oftentimes do too.

Because we are becoming better equipped to do so. We are learning about biases we all have of which we are unaware. About beliefs and practices of both genders that unintentionally hold women back. And, equally as important, about ways to begin to overcome these obstacles.

SPW’s goal is to assist with this learning. In 2017 our speakers provided us with wisdom, inspiration and advice, including:

- Madeline Bell, President & CEO of Children’s Hospital of Philadelphia, told her own story and those of several women she knows, focusing on what holds them back, and providing advice on how to overcome the obstacles.
- CEOs Dawn Zier of Nutrisystem and Brenda Bacon of Brandywine Living, two of the most successful and admired leaders in the Philadelphia region, shared the tactics and strategies that have made their organizations the iconic brands they have become.
- Rebecca Traister, author and political and cultural journalist, provided historical context that explains the origins of some of the disadvantages women suffer today
- Tammy Hughes, an expert on diversity, helped us understand how differences in the ways men and women communicate often result in men believing women are not as competent or successful as men are, and provided a framework we all can use to better understand each other.

Martha Soehren, Chief Talent Development Officer & Senior VP at Comcast, is scheduled on November 2nd, to share her advice on creating a successful career and lessons she learned along the way.

In 2018, we hope to continue to educate, connect, and inspire our attendees with our programs; highlights include:

- Courtney Lynch, best-selling author, former U.S. Marines Captain, and successful entrepreneur, will help us become more confident and competent leaders.
- We all know that progress for women requires the support and determination of men too—this is why SPW includes men among its most ardent supporters. Josh Levs, entrepreneur, former CNN and NPR journalist, will make a compelling case for why gender equity is good for men, women and profits.
- Supporting nonprofits and personal development are key parts of the mission of SPW. Which is why we are delighted that Dr. Lorina Marshall-Blake, President, IBC Foundation and VP, Community Affairs, Independence Blue Cross, will discuss how public service is a win-win for both companies and employees.
- We can’t promise you’ll hit the jackpot at the Valley Forge Casino Resort following her talk, but we can promise that Annie Duke, decision strategist and professional poker player and champion, will equip you to avoid emotional decision-making by treating day-to-day decisions like bets.
- Following-up on the incredible Nutrisystem turn-around orchestrated by Dawn Zier and shared with SPW earlier this year, Anne Ewers, President & CEO of Kimmel Center, Inc., will explain how she executed her own incredible turn-around in the nonprofit world.
- In addition to a track record and passion for business success, Jennifer Morgan, President, Americas and Asia Pacific Japan, Global Customer Operations for SAP, has a passion for diversity and inclusion, including accommodating the non-traditional worker. She will provide useful insights to us on these passions.

We are proud of our 2017 programming and delighted with the feedback we have received. We are excited about SPW’s plans for 2018 and hope you are too. Thank you for your support and feedback.

By learning, connecting, and being inspired together, we can further SPW’s Vision to create a balance in leadership by increasing the number of women in power throughout business, non-profit and government sectors. And make it more likely that women, whether very powerful ones like Nancy Pelosi, or less powerful like the rest of us, are heard.

## Contact

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*Nicole Stephenson,*

SPW Director at 484-238-1118 or [NStephenson@mlcc.org](mailto:NStephenson@mlcc.org)

*Xenia Hewka Scott,*

Membership Services Director at [XScott@mlcc.org](mailto:XScott@mlcc.org)

## SPW Mission

To help 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-profit organizations.

## SPW Vision

To create a balance in leadership by increasing the number of women in power throughout business, non-profit and government sectors.

visit [www.spwmainline.com](http://www.spwmainline.com)

WHY NOT BOND  
OVER SOMETHING  
OTHER THAN  
HEART DISEASE?



**Lankenau Heart Institute**  
Main Line Health®

Heart disease is the single most common cause of death in women. But you knew that—*or did you?* The expert team behind the **Women's Heart Initiative** views knowledge as power. Which is why our goal is to keep you informed of risk factors and connect you to specialists, while advancing research to improve treatments and outcomes. Now that's powerful. // There may come a day when our advanced cardiac care will save your life. We spend every other day making sure it doesn't have to.

LANKENAU HEART INSTITUTE IS PROUD TO SERVE AS THE  
AMERICAN HEART ASSOCIATION'S 2017-2018 PHILADELPHIA GOES RED CHAMPION.

# Thank you to our 2018 supporting sponsors!

## *Title Sponsor: Comcast Business*



*Ian Gallagher,*  
**Regional Marketing Director, Comcast Business**

At Comcast Business, we are proud to continue our partnership with The Main Line Chamber of Commerce and the Society of Professional Women (SPW). Comcast Business provides advanced communication services to businesses of all sizes and industries. Through a next-generation network that is backed by 24/7 technical support, Comcast delivers Business Internet, Ethernet, TV and a full portfolio of Voice services for cost-effective, simplified communications management. Over the years, our support of SPW has afforded us the opportunity to meet inspiring business leaders and have introduced us to many of the region's most successful and innovative companies.

SPW's stated mission is to "accelerate the advancement and expand the influence of women leaders of all professions and generations, strengthen our business community, and support the regions non-profit organizations." At Comcast, we share similar goals. Diversity and inclusion is a value that all of us at Comcast hold – it's a part of our DNA. We recognize, celebrate and support diversity and inclusion in many ways, and our support of organizations such as SPW is one example.

Our commitment to diversity and inclusion extend beyond the walls of our company. They reach into the communities we serve with diverse content and programming and into our supply chain by encouraging, facilitating, and empowering minority, women-owned, and other diverse businesses to work with us, as well as into our community partnerships, where we focus our resources, talents, and passions into making our communities stronger. Within Comcast, one of our proudest achievements is the increase in women leaders across the company. In 2016, 39% of our new hires were women and 40% of our VPs and above were women as well. Each and every day, we're working hard towards our goal of a workforce that includes 50% women across all levels.

Diversity and inclusion fuel our success by helping us reflect the communities we serve, and this has proven to be our foundation for innovation. Our partnership with SPW and the Main Line Chamber has led to new business opportunities and has helped grow our business throughout the region. Most importantly, SPW has given us the opportunity to give back to the local business community and support the shared goals of our organizations. We look forward to continuing that support in 2018 and beyond.

## **DAYTON LOCK COMPANY**

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## Champion Sponsor: Wells Fargo



*Lauren Tobiasen,*  
**Regional Bank President,  
Wells Fargo Bank**

At Wells Fargo, we are proud of our partnership with the Main Line Chamber and the Society of Professional Women, as they help local business owners and company executives succeed by providing information, guidance and networking opportunities. Wells Fargo benefits as well, as it puts our brand front and center with local decision-makers and helps us tell our story to an influential audience.

We are also proud of our commitment to lending to women business owners. Since 1995, Wells Fargo has loaned over \$57.3 billion to women business owners. In fact, Wells Fargo has loaned more dollars to small businesses than any other bank for 14 consecutive years (2002-2015 CRA data, loans under \$1 million). As part of our overall commitment to small business, we have created WellsFargoWorks.com, an online resource to offer more guidance and services that small business owners are seeking and need. The website is free and any business owner can take advantage of the resources, guidance and services 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 while we are proud of our accomplishments in helping women and women-owned businesses, we are also committed to doing even more with our partners on the Main Line and elsewhere. We know that we can accomplish much more working together than we could on our own.

## Women's Health Sponsor: Main Line Health



*Lydia Hammer,*  
**Senior Vice President,  
Marketing & Business Development,  
Main Line Health**

Main Line Health (MLH) is proud to be a longtime supporter of SPW, and is honored to have served as their women's health sponsor for more than seven years. We value the opportunity to provide women at all stages of life the foundation to live life to the fullest through access to resources that support overall wellbeing.

In particular, Main Line Health has found tremendous value in the many events and educational opportunities made possible by SPW. Not only do they provide the tools for our female employees across Main Line Health to build upon and advance their leadership skills, SPW has given a forum for our employees to connect with peers across multiple industries for support and knowledge sharing.

Since the inception of SPW, thousands of women in our community have joined together in an effort to expand the opportunities for -- and influence of -- female leaders. This relationship fosters the opportunity for MLH and SPW to encourage women to take a leadership role in their own health, as well as in the communities we serve. We value the opportunity to partner with the SPW to provide health information and education to its more than 4,000 members.

To learn how Main Line Health can be a partner in your health and wellness, visit [mainlinehealth.org](http://mainlinehealth.org).

# Thank you to our 2018 supporting sponsors!

## Employee Benefits Sponsor



*Jim Pitts,*  
**VP-New Business Development,**  
**USI Affinity My Benefit Advisor**

### Helping Friends and Family Understand the Future of the ACA

*What's going on with Replace and Repeal of the ACA?*

The GOP Senate killed any chance of repealing and replacing. Leadership promised to revisit after legislation to overhaul the US tax code.

*What is the root of the problem?*

There are many issues but one big one is the ACA does not control any medical costs related to hospitals and pharmaceutical companies.

Many drugs cost over \$200 a month now and some are as much as \$5,000 a month plus. In addition a short hospital stay can be easily over \$100,000. Another huge problem is too many sick people and not enough healthy people in the risk pool. IE: the younger healthy people did not sign up.

*With no replacement or repeal what's going to happen next?*

The insurance companies are losing money so many have left the market and more will follow very soon. Without any competition this drives up costs even further and gives people very little choices. Some US counties will actually have NO coverage available in 2018 and many will have only one insurance carrier available. Large Health Insurance companies like UnitedHealthCare (UHC), Humana & Aetna have pulled out of markets completely. Independence Blue Cross is the only health insurance carrier offering individual plans in the 5 county area.

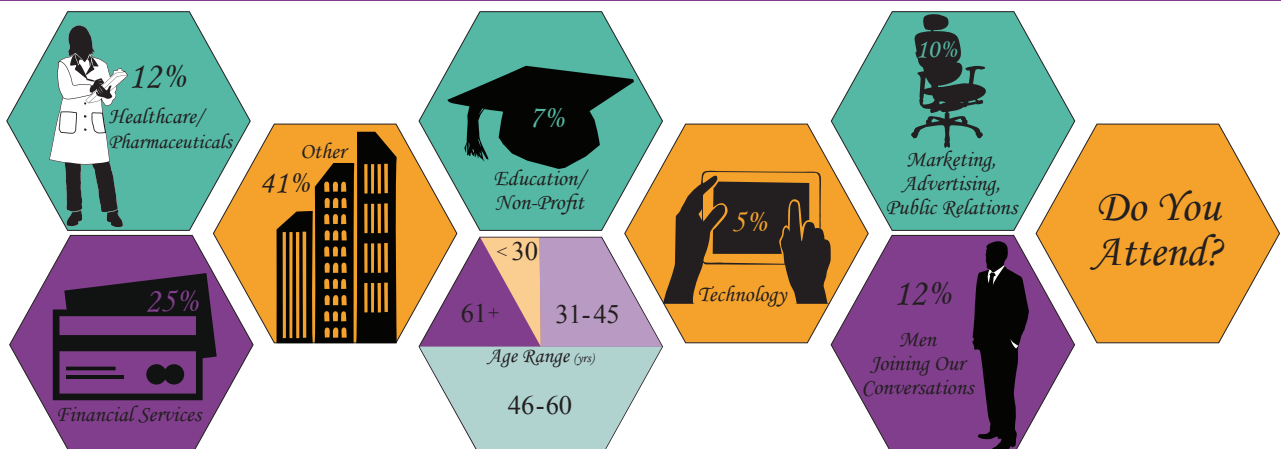
*What about people that have pre-existing conditions in the future?*

A full and flat out repeal would probably take away coverage from some people, but not the majority. However another option could be one product that you must qualify for (this would be far less expensive) and one that you don't need to qualify for (more costly) but these people could continue to still be offered subsidies to help pay premiums making it affordable.

*What other options will be available to me if I don't like the ACA plans in 2018?*

Through the Chamber's SPW Health Insurance program endorsed broker /consultant USI Affinity My Benefit Advisor can provide Fixed Indemnity Health Plans at half the price of traditional IBC plans.

## WHO Attends SPW Events?



# Diamond Sponsors



## 1847Financial/Penn Mutual

“For the past 5 years, 1847Financial and Penn Mutual have been proud to support SPW through our sponsorship. We have found great value in the programs attended each month and have formed quality relationships with our fellow members. Although we have many choices of organizations to support, we are fortunate to have found SPW as our preferred place to form an alliance.”



## Women Helping Women Sponsor Fidelity Investments

Rachel Robertson, Senior Branch Manager

“At Fidelity, our goal is to make financial guidance broadly accessible and help women live the lives they want. Participating in SPW events help us grow our professional relationships and deepen our connections with women in the financial services community.”



## Educational Sponsor 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.”



## WBEB, 101.1 More FM

Kerry Mulvey, Director of Sales

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

# Platinum Sponsors



## Stradley Ronon Stevens and Young, LLP

Anastasia Sheffler-Wood, Partner

“SPW provides our female attorneys with meaningful networking opportunities and dynamic programming to continually drive professional growth and development. Stradley Ronon is proud to support SPW in its mission to strengthen the business community through the advancement of women.”



## UnitedHealthcare

Michelle Goglia, Vice President, Sales and Account Management

“At UnitedHealthcare relationships mean trust. Trust is earned and preserved through truthfulness, integrity, active engagement and collaboration with our clients, health care providers and facilities. SPW has helped me to form and grow many valuable personal and professional relationships.”

# Gold Sponsors



## Enterprise Holdings

Heather Tassoni, Director of Business Rental Sales

“Enterprise Holdings treasures the value we get from our SPW sponsorship. Their events and programs are motivational while providing us with personal and professional development.”



## Univest Bank & 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 once again be a partner and have the opportunity to actively be involved in this successful program. Women, and men, at Univest have benefitted from the exceptional speakers and networking opportunities.”



## Firsttrust Bank

Terry D'Alessandro, EVP,  
Director of Community Banking

“SPW has helped us gain greater visibility with clients, and the speaker and their topics teach our employees, of all generations, the valuable leadership skills that are critical to their professional development.”



## Valley Forge Casino

Lani Baird, Executive Director of Sales

“Valley Forge Casino Resort has been an active member & sponsor of the Society of Professional Women for 5 years and are proud to be part of such an important local organization. Through their programs and networking opportunities, we have been able to build relationships and provide education and development opportunities to our team.”



## Main Line Today

Rob Martinelli, Publisher

“Main Line Today is proud to sponsor SPW. The relationship we've developed and the fascinating people we've met have benefitted 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.”



## Vanguard

Kory Collins, Recruiting Partnerships

“SPW's No Limits Leadership initiative has provided our crew members an opportunity to coach and develop the next generation of aspiring leaders and business professionals. It's a great opportunity to connect and build relationships with some of the brightest college students who are ready to change the world.”



## M&T Bank

Kathryn R. Bittner, Business Banking Regional Manager

“We believe that M&T has a core set of values that sets our bank apart, defines our culture and guides our work. M&T places high value on the role SPW plays in our continuous focus on leadership development that carry these values forward.”



## Vertex, Inc.

Lisa Butler, Chief Financial Officer

“SPW has provided our company with opportunities to meet interesting and successful female professionals. We are energized with the quality of the relationships that we are building that are helping our women leaders to become successful both in their personal and professional lives. Vertex sees building relationships in our local community as critical to our continued success.”



## PwC

Amy Frazier, Philadelphia Metro  
Marketing & Sales Market Leader

“We have been a long time supporter of SPW to provide networking opportunities for our people as well as access to thought provoking developmental content. Our people that have attended value the opportunity to expand their network of relationships.”



# Silver Sponsors



## Brandywine Living

Brenda J. Bacon, President & CEO

"Our staff is a proud bunch, as we provide the best of the best in senior care and lifestyle services, so surrounding ourselves with other excellent professionals is paramount to the professional development of our employees."



## Moore's Furniture

Heather Moore Devine, President

"We are proud to be a sponsor of SPW. The events they put on have been wonderful for networking and building new relationships. The speakers have been inspirational, informative and extremely valuable. We look forward to what 2018 will bring with SPW."



## The Carney Group

Nanette Carney, CEO

"Be part of something special. Be part of SPW. You Gotta be There!"



## 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 the SPW attracts. It's really a unique and amazing group!"



## Closets By Design

Angela Sikdar, Client Relationship Manager

"Being able to create relationships in and through this organization give you the opportunity to access some of the best and brightest female professionals who will certainly become an asset to you no matter what your industry."



## Seasons 52

Kim Corslund, Sales Manager

"We are lucky enough to have such a great organization as SPW in our community. Our participation has forged us endearing and lasting relationships."



## Devereux Advanced Behavioral Health

Dr. Rhea Fernandes, Executive Director,  
Children's Behavioral Health Services

"Personally and professionally, networking has been the greatest benefit, by far, to our employees. They have found business connections, new ideas, inspiration, mentors, mentees - and even friends."



## Suburban Square

Joy Medlock, General Manager

"I look forward to networking opportunities that SPW offers to learn more about Suburban Square's customer and connect with potential partners."



## GIANT/Martin's Food Stores

Kate Feltman, Marketing Manager

"We are proud to sponsor SPW and to encourage the growth and development of fellow business women in our community. These events are a wonderful way to network and to spark discussion with other professionals."



## WSFS Bank

Deb Persia,  
AVP, Portfolio Manager, Commercial Banking

"Lasting relationships are a key part of the Bank's success. SPW hosts valuable and informative networking events throughout the year that not only provide food for thought in our daily routines, both personally and professionally, but also allow us to meet a diverse group of individuals and build those lasting relationships."

# Event Sponsors

Franklin Mint Federal Credit Union ● Kamelot Auction House ● Lincoln Financial Group  
Monarch Staffing ● Nolan Painting ● PECO

# 2018 Calendar of Events



A Program of The Main Line Chamber of Commerce

## A competitive edge for women leading in the 21<sup>st</sup> Century

SPW has been consistently ranked as the Greater Philadelphia Regions #1 Business Networking Association by Philadelphia Business Journal.

**Event Cost: MLCC Gold Members \$40 ● MLCC Members \$45 ● Non-MLCC Members \$55**

### Wednesday, January 24, 2018

#### Leading Yourself and Others to Greater Success

**Courtney Lynch**

*CEO LeadStar*



Better leaders = better world. Every commitment we make to being a better leader has a positive impact on our lives, our colleagues and our communities. Join *N.Y. Times* best-selling author, Courtney Lynch, for an engaging, candid and practical leadership learning experience. Courtney's diverse leadership experiences include service as a Captain in the United States Marine Corps, time as an attorney at one of the nation's largest law firms, and success as a sales leader for Rational Software. A successful entrepreneur, she founded Lead Star, a consulting firm that designs leadership development programs for clients that include: Facebook, Google, FedEx and other esteemed organizations. Come and learn a new, refined definition of leadership, while gaining an awareness of the key behaviors effective leaders demonstrate. You'll also leave with clear, next steps for developing your leadership capability.

Featured Non-profit: United Way's Girls Today, Leaders Tomorrow  
11:00 am - 1:30 pm at the Double Tree Hotel by Hilton in King of Prussia

### Wednesday, February 28, 2018

#### Why Successful Businesses are All In for Gender Equity

**Josh Levs**

*Entrepreneur, Former CNN and NPR Journalist*



Businesses can't empower women at work without also tackling the structures that make it tougher for men to be caregivers at home. Josh Levs is the top thought leader in addressing this through keynotes, workshops, corporate training, and more. A former NPR and CNN journalist and successful entrepreneur, he is a U.N. Global Gender Champion and author of the Nautilus Gold-winning book *All In: How Our Work-First Culture Fails Dads, Families, and Businesses--And How We Can Fix It Together*. The book has won rave reviews and coverage from the New York Times, Forbes, Chicago Tribune, The Telegraph, NewsOne, and major media all over the world.

Featured Non-profit: Ronald McDonald House  
11:00 am - 1:30 pm at The Desmond Hotel in Malvern

**Register for events online at [SPWmainline.com](http://SPWmainline.com)**

**Thursday, May 3, 2018**

## **How Service is a Win-Win for Companies and Employees: 5 Things I Learned Through Volunteering**

**Dr. Lorina Marshall-Blake**

*President, IBC Foundation and VP, Community Affairs,  
Independence Blue Cross*

Rev. Dr. Lorina Marshall-Blake helped define the IBC Foundations mission of leading solutions for healthier communities when it was launched in 2011. Under her leadership, the \$60 million IBC Foundation has established itself as a philanthropic force locally. Through her work in Community Affairs, Lorina oversees the Blue Crew, Independence Blue Cross' employee volunteer program, which provides over 8,000 service hours to over 75 community organizations each year. She has been honored for her leadership and community service by numerous organizations. In addition, Rev. Dr. Marshall-Blake serves on 25 non-profit boards and committees, including the Pennsylvania Conference for Women, Philadelphia Leadership Foundation, Urban Affairs Coalition, Women's Leadership Forum, and the Urban League of Philadelphia.

Featured Non-profit Independence Blue Cross Foundation  
8:00 am - 10:30 am at the Philadelphia Country Club in Gladwyne



**Thursday, June 14, 2018**

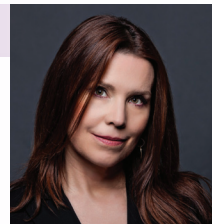
## **Avoiding Emotional Decision Making Through Thinking of Decisions as Bets**

**Annie Duke**

*Decision Strategist and Professional Poker Player & Champion*

In poker and throughout our lives, we should try to maximize the time we spend in favorable situations and minimize our time in unfavorable ones. Poker players are too quick to quit when they are winning. They look for any excuse to put the session in the (non-existent) win column. The same players will refuse to quit a losing game. The same thing happens outside poker: sales professionals not giving up on a dead lead; investors unwilling to sell their losing investments. Annie Duke examines how the interaction of many cognitive biases (including loss aversion and sunk-cost bias) drives this behavior. These tendencies cause us to miss good opportunities and continue playing when the odds are against us. She provides strategies that prevent us initially making these poor decisions and how to take a longer term view. The strategies apply in the workplace, to parenting and to other personal decisions.

Featured Non-profit: How I Decide  
4:00 pm - 6:30 pm at the Radisson Hotel at Valley Forge Casino Resort in King of Prussia



**Thursday, September 13, 2018**

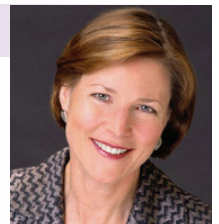
## **The Art of Risk Taking: Developing A Successful Turnaround**

**Anne Ewers**

*President & CEO of Kimmel Center, Inc.*

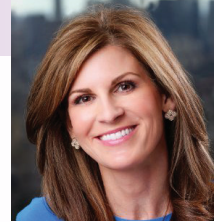
In July 2007, Anne Ewers assumed the role of President & CEO of Kimmel Center, Inc. The \$40 million organization owns and operates the Kimmel Center and manages the Academy of Music and the Merriam Theatre, homes to eight resident companies. In her inaugural year with the Center, the Company retired its \$30 million construction debt, raised the endowment from \$40 million to \$72 million and garnered \$10 million to establish a biennial city-wide festival, The Philadelphia International Festival of the Arts. At prior companies under her tenure she accomplished similar feats; such as, doubling an organization's endowment from \$18 million to \$36 million, increasing an Opera's budget from \$1.5 million to \$5 million, retiring a \$450,000 deficit, and much more. If anyone is an expert on turning around a company and increasing profit margins, it's Anne Ewers. Come hear how she did it, and how you can do it too.

Featured Non-profit: Kimmel Center  
11:00 am - 1:30 pm at The Radnor Valley Country Club in Villanova



November 2018

## Accommodating the Non-Traditional Worker and Addressing Diversity and Inclusion



### Jennifer Morgan

*President, Americas and Asia Pacific Japan, Global Customer Operations for SAP*

Jennifer Morgan is responsible for SAP's strategy, revenue, and customer success in the Americas and Asia Pacific Japan, regions encompassing more than 43,000 employees and nearly 230,000 customers. She is a principal driver of SAP's growth and innovation strategies and works closely with SAP's development and support leaders to ensure consistent execution of sales and customer operations in the more than 130 countries in which the company operates. Jennifer serves as president of SAP North America, where she has sharpened the region's focus on growth and innovation for its more than 155,000 customers, and helps preserve a culture that earned SAP North America its first ever listing on Fortune's 100 Best Companies to Work For. Jennifer was also instrumental in the region securing its place as a leader in the areas of diversity and inclusion through programs like Autism at Work, and particularly the company's receipt of EDGE certification – a recognition awarded by the World Economic Forum recognizing the company's commitment to gender equality and equal pay in the workplace.

8:00 am - 10:30 am at Philadelphia Country Club in Gladwyne

### *Lunch & Share Conversations*

**Thursday, March 22, 2018**

#### **What Now? Creating Change to Stay Positive**

*Presented by: Linda Crill, Change Management Expert and Author*

**Thursday, April 19, 2018**

#### **Increase Your Career Satisfaction & Success: 3 Steps To Get You Started**

*Presented by: Dr. Sarah Brown, Founder, Author, and CEO at Know Thyself Guide®*

**Thursday, July 12, 2018**

#### **Leadership & Your Inner Monologue: Harnessing the Power of Self-Talk**

*Presented by: Mary Fran Bontempo, Speaker, Author, Humorist*

**Wednesday, October 17, 2018**

#### **Be in the Front Seat. Helping You Achieve Your Financial Goals**

*Presented by: Fidelity Investments*

All Lunch & Shares Will Take Place From 11 am - 1:30 pm at Seasons 52 - King of Prussia

### *She-Suite Leadership Workshop*



## The Calm Clarity Mindful Leadership Program

### **Due Quach,**

*CEO & Founder, Calm Clarity*

Mindful leadership uses science to train your brain for peak performance. Calm Clarity training help you increase leadership stamina, be more effective in your work and interactions, and boost your overall health and well-being. During the program, we will use science and mindfulness to examine how the mind works. You will learn practical tools and gain insights to boost brain functioning and break free of mindless patterns and self-limiting beliefs that keep us from being our best selves and from bringing out the best in others.

Friday, October 26, 2018

## Partnership Event



The Main Line Chamber of Commerce, in partnership with the Society of Professional Women and Devereux Advanced Behavioral Health has established the Helena Devereux Women in Leadership Award to recognize outstanding female professionals whose work has impacted the Greater Main Line Region in the areas of business excellence, community service, exceptional women's leadership and the advancement of all employees. This award will be presented at the 10th Annual Gold Leaf Celebration in September 2018.

## *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.



## *Lunch and 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 include generational differences, social media, branding, legal issues and many more. Attendees take advantage of invaluable networking opportunities before and after the presentation.

## *Women Helping Women Peer Mentoring Circle*

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



## *No - Limits Leadership Initiative*

SPW makes programs available to empower young girls with confidence to reach their full potential and realize their ability to be future leaders in business, government, board rooms, and the community. Women leaders share their leadership journeys, and provide insight on how to turn obstacles into opportunities.

## *She-Suite Leadership Workshop*

Companies of all sizes are investing in SPW's workshop as a way to retain and develop their high-potential female 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, provide the opportunity to connect with the best and brightest minds from leading organizations.



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Doctor of Audiology

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Audiologists in a caring  
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