

UNIVERSITY OF IOWA



# WOMEN IN BUSINESS

5th Addition





# General Meetings

## NICOLE JOHNSTON

Women in Business welcomed the University of Iowa alumna Nicole Johnston. Nicole currently serves as CSO within the Food Division at Newell Brands. She told us how much she loves to travel, and was even planning on visiting her 100th country this year, had the pandemic not happened. She encouraged us to explore jobs out of our comfort zone because it leads to the most rewarding experiences and growth. She said, **"There is so much more to life than how you were raised."** It's much easier to try something new or live in a different city when you are young, so take advantage of any opportunity to do so. Nicole also encouraged members to actively ask for feedback within your organizations, jobs, and even classes. **There is this terror among women where they constantly feel they need to be perfect.** Our society instills this need for perfection into women at a young age. Men tend to be better at failing because they aren't scared to. Failing is an essential part of life because that is where the most growth happens. She told us a story where multiple women who had delivered children were asked if they thought they were breastfeeding experts. None of the women thought they were - they had only had one child, how could they be experts yet!? The husbands were then asked if they were experts at breastfeeding and responded YES because they were in the room when it happened. Women, who completed the task daily, did not feel like they were experts, but men who simply just observed the task felt confident enough to say they were experts. **Nicole told us, "And that's the difference."**



University of Iowa alumna  
Nicole Johnston

1. Be willing to accept good enough.
2. Value yourself enough to take personal time away from work and daily obligations.
3. Have enough respect to ALWAYS call someone by their real name, no matter how difficult it may be to pronounce.
4. Honor your commitments.
5. Take every writing business class that is available at the University of Iowa.

## KERRY BUCHAR

This month, Women in Business also welcomed the University of Iowa alumna Kerry Buchar. Kerry graduated from the University of Iowa with a degree in Accounting. She walked us through her experience working with KPMG as the Associate Senior Manager for ten years. Kerry then went on to work for Kraft Foods, holding roles such as Senior Manager and Associate Director for 11 years. She then transitioned roles again to work at Genpact as the V.P. of Enterprise Performance Management for four years. Her role at Genpact was virtual, similar to many of the current jobs in the market. She encouraged us to reach out to people within our lives and strive to form strong connections through weekly team meetings or phone calls. She stressed how much she has loved being able to manage diverse teams throughout the world. Working for a team in India, she had to adapt to the culture. In a culture where her team members were hesitant to speak up, **she encouraged the team members to voice their opinions** to her and push back if they didn't agree with something she was doing. **She has noticed a technology shift within every single aspect of business and encouraged us to capitalize and strengthen these skills.**



University of Iowa alumna  
Kerry Buchar



## IOWA WOMEN'S FOUNDATION

Women in Business always loves connecting with our partner, the Iowa Women's Foundation! This non-profit organization based out of Iowa city, is "committed to improving the lives of women and girls in Iowa." The IWF does this by doing extensive research within the state to fully understand which barriers are the hardest for women in Iowa to break through. The IWF also sets up mentorships with women to help them succeed. During this event, they shared an all time favorite quote by Oprah Winfrey, which says, **"A mentor is someone who allows you to see the hope within yourself."** Many of our members can attest to this, as we have a strong mentorship program within Women in Business as well.

Here are some of the facts about women in Iowa:

- **70% of Iowa's female head-of-household struggle economically**
- **40% of women in Iowa are living in poverty**
- **30% of women in Iowa do not even meet the necessary living expenses**
- **In the past five years, Iowa has lost over 37% of child-care providers.** This means there are over 360,000 children without affordable child care, significantly impacting women's ability to work and be successful.

To combat these statistics, the IWF has awarded over 1 million in grants to over 200 organizations throughout the state geared at fixing the disparity between men and women's success levels in Iowa. The IWF also works to educate policymakers and key leaders in the community on steps of action. **The IWF is the only state-wide organization aimed at enhancing and improving the lives of women's economic self-sufficiency.** Women in Business is beyond proud to call the IWF a partner as we support their mission to improve the lives of women throughout Iowa. When women flourish, their communities flourish.

## EXECUTIVE BOARD SPOTLIGHT



**Who:** Teagan Hamontree

**Position:** V.P. of Finance

**Majors:** Finance

**Certificate:** Risk Management & Insurance



**Hometown:** Palatine, IL

**Favorite Thing About WIB:** My favorite thing about WIB is all the opportunities to meet new people and then see how they succeed professionally! I love when I connect with other members on LinkedIn and then see that they just accepted their dream job or internship. I also love all the advice that is shared within WIB. Whether it's on what classes to take, interview tips, or something completely random, it's always super beneficial!

**Who:** Erin Goss

**Position:** V.P of Mentoring

**Major:** Business Management

**Certificate:** Event Planning

**Minor:** Sport & Rec Management



**Hometown:** Muscatine, IA

**Favorite Thing About WIB:** All the different events offered and all the people you get to meet in the organization!



'WILL HELP YOU INSPIRE TEAMS TO  
DO THE BEST WORK OF THEIR LIVES'  
SHERYL SANDBERG

## BOOKS OF THE MONTH

# RADICAL CANDOR

HOW TO GET WHAT  
YOU WANT BY SAYING  
WHAT YOU MEAN

## KIM SCOTT

This month, Women in Business received business book recommendations from our guest speaker, Nicole Johnston!

"Make sure that you are seeing each person on your team with fresh eyes every day. People evolve, and so your relationships must evolve with them. Care personally; don't put people in boxes and leave them there."

- Kim Scott from *Radical Candor*

What Got  
You Here  
Won't Get  
You There

How Successful People Become  
Even More Successful!



"People who believe they can succeed see opportunities where others see threats."

- Marshall Goldsmith in *What Got You Here Won't Get You There*

## LAST UPCOMING WIB EVENTS

- **Tuesday, November 17th:** Attend the Importance of Salary Negotiation with Peggy Stover! Salary negotiation is a critical skill for women entering the workforce to understand and be able to utilize, so come learn and develop your negotiation skills!
- **Wednesday, November 18th: LAST** General Meeting with Lara Vandenberg! Come listen to Hawkeye Sports spokesperson and hear about her blog and side hustles! There will be a designated time for questions at the end for members to engage with her!



**A beautiful day begins with a beautiful mindset.**

### SOCIAL MEDIA



@uiowawib



Women In Business Announcements



Women In Business University of Iowa

### GET IN TOUCH

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