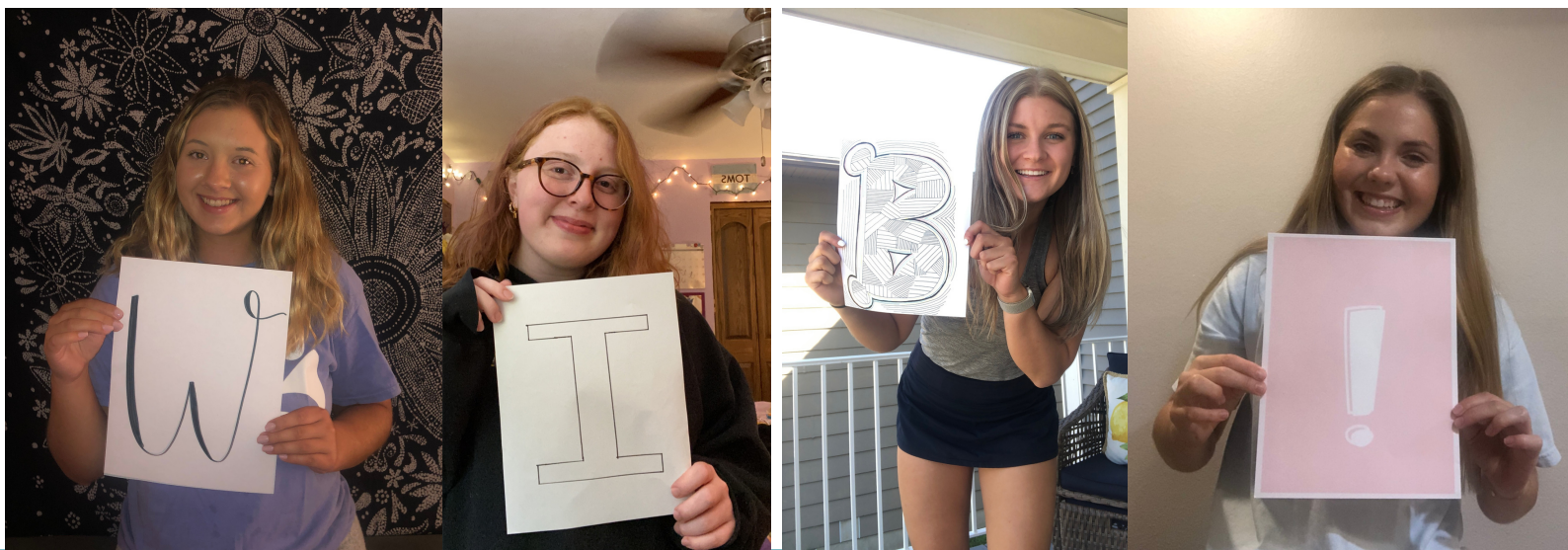
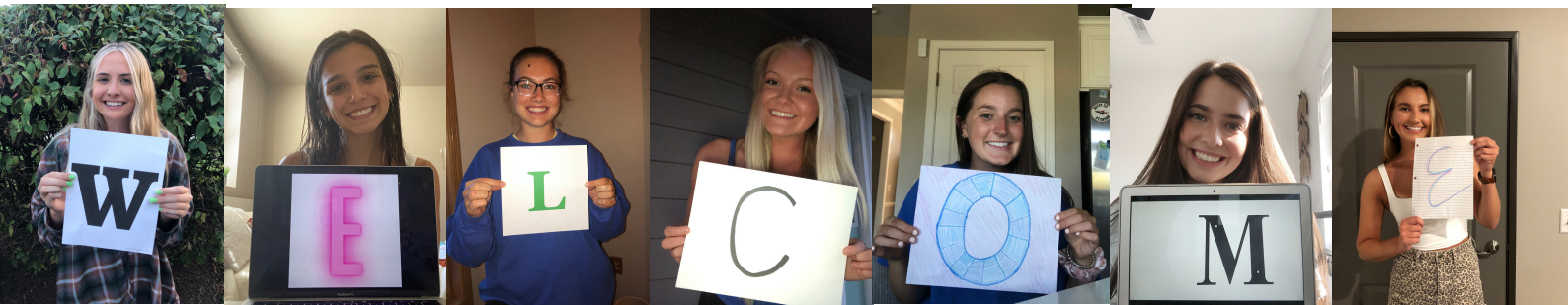


# WOMEN IN BUSINESS

*September Edition*







## THE NEW NORMAL

While we aren't able to meet in person this semester, we want you all to get the most out of your time as a member of Women in Business! This organization is designed to help improve you professionally and connect you with like-minded women. **Your experience with our organization will reflect what you put into it! We want to get to know you all and watch you grow at Iowa!**

"Growth and comfort do not co-exist." - Ginni Rometty, CEO, IBM

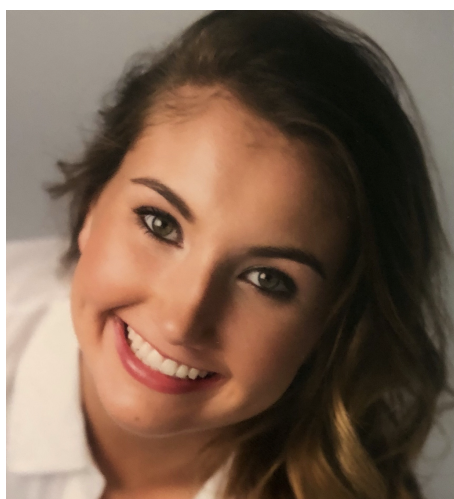
## WORD FROM THE PRESIDENT

"I am most excited about the virtual speakers we have planned for this semester! **Our executive board has been working hard** over the summer brainstorming ideas to add value for our members and provide a robust virtual experience for everyone. **Although this semester will look very different than past years, we are motivated to make the best of it!**"



## HOW TO GET THE MOST OF YOUR TIME! ⌚

1. Check the Women in Business Facebook and Instagram page regularly to see when to sign up for events!
2. Attend events with professional speakers! These professionals have a lot of experience and are taking time out of their day to network and connect with you.
3. Meet with your mentor and gal pal frequently! Check your email and Facebook page for the sign up.
4. Join a lean in circle! This is the easiest and quickest way to get to know lots of familiar faces within WIB.
5. Participate in the Newsletter surveys for a chance to win free WIB merchandise!
6. Reach out to Executive Board members. We want to get to know you and make your time as meaningful as possible!



Lexi Noonan  
President of Women in Business



Linda Varvel

Administrative Director at the University of Iowa  
Medical Scientist Training Program (MSTP)

## MEET THE MENTORS

**Linda Varvel** (pictured to the left) is an Administrative Director at the University of Iowa. She believes the mentoring program is valuable because it "brings so much wisdom and experience to the relationship. **It provides a safe space for women to ask questions they may not feel comfortable asking friends or family.**"

*Q: What advice would you give women at the University of Iowa right now who are looking to develop themselves professionally during this time?*

**A:** This is a hard time to network. Period. **However, networking virtually is absolutely possible.** Don't be afraid to reach out and ask someone if they would be willing to chat with you via Zoom. Also, get creative. **Look for groups that exist on LinkedIn, Facebook, or in the community. Many organizations have been forced to create virtual platforms to conduct business.** This has made professional development more accessible than ever before. A speaker presenting at a conference that might have cost you a flight across the country to attend can now be accessed through the click of a button...**The main point is to take initiative, because the opportunities are there.**

**"This program gives a member an opportunity to create a connection with someone who has been working for a while, has many life experiences, and is willing to listen and lead."**

## NETWORK

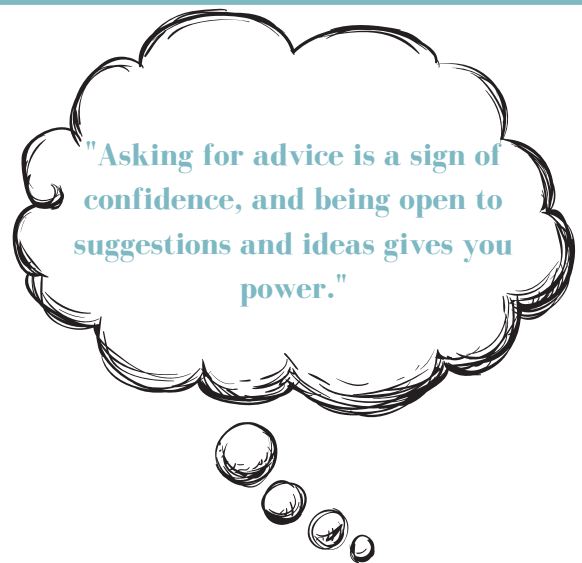
**Ann Parker** (pictured in bottom right) has participated in the mentoring program for a while now. She believes, "Mentoring and supporting each other is incredibly important for all of us, whether we are just starting out or reinventing ourselves or building on a long career in a specific industry. **We all need a little encouragement every now and then,** and knowing you aren't alone in the process of life makes the road much less scary and more exciting...I wish I had had a mentor early on in my career. Not that I would have probably done things differently, **but it would have been nice to gain the knowledge of someone who had walked a similar path.**"

*Q: Was there ever a role that you applied for and landed, but weren't 100% qualified to do? How did you proceed?*

**A:** I don't know that there was a specific position that I applied for that I didn't feel qualified to do, but there were times when I felt in over my head that **I needed a mentor to guide me through an opportunity...**Know that there are people out there willing to help you and see you succeed. The more you know, the more opportunities will be opened to you. Push yourself to go outside your comfort zone. **You are only as qualified as you think you are.**

*Q: What skills do you believe are the most valuable to work on for women trying to enter the business world at this time?*

**A:** Be assertive. **Tell potential employers what you have to offer and what you bring to the table, but at the same time be open to expanding your knowledge...**Create a path to achieving your goals. **That may mean flipping the burgers before you own the restaurant,** but all of that experience will make you a stronger and smarter associate in whatever you choose to do.



**"Asking for advice is a sign of confidence, and being open to suggestions and ideas gives you power."**



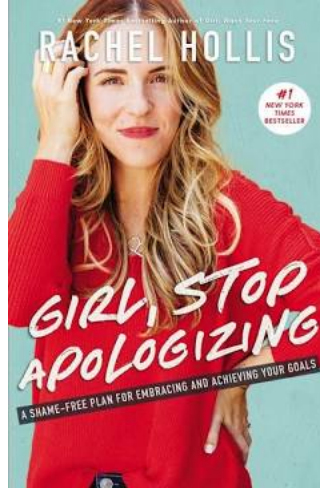
Ann Parker  
Iowa Women's Foundation  
Assistant Director, Operations



## KNOWLEDGE IS POWER



In this New York Times bestselling book, Rachel Hollis tries to get women to break free from the habits limiting their success. For one, she tries to convince women that they shouldn't always be apologizing. Be assertive without apology. **Only say sorry when there is something to be sorry about.**



"By embracing your calling and refusing to hide your glow, you wouldn't just make **your** world brighter, you'd **light the way for the women who come behind you.**"

## BUSINESS PODCASTS

Check out **GirlBoss Radio** by **Sophia Amoruso**, the creator of NastyGal. Her podcast focuses on interviewing powerful, successful women across the nation to hear their start-up stories and how they launched their careers.



## LET'S GET PUMPED

The songs of the week to empower, inspire, and motivate you to include:

1. **Back in Black** by AC/DC (in honor of Big 10 football coming back)
2. **Legend** by the Score
3. **Runnin** by Mike WiLL Made-it
4. **Runaway (U&I)** by Galantis
5. **Only Girl** by Rihanna
6. **Till I Collapse** by Eminem





## OPPORTUNITIES AT THE UNIVERSITY

- The University of Iowa is hosting Iowa alum, Tara Clark, for Women Entrepreneurial Week. Tara is the founder of a digital marketing company called, Social T, out of Vancouver, Canada. **The event is on September 25th from 11:30-12:30 p.m. RSVP now!**
- Join PwC Partners & Iowa Alumni **Wednesday, September 30th from 5:30-6:30 p.m.** for a virtual candid conversation on Diversity & Inclusion. Check the WIB Facebook page to register!
- The VIRTUAL Business & Entrepreneurial Job and Internship Fair is on **September 24th, from 11-4 p.m.** Sign up through Handshake and look for practice mock interview events the University of Iowa is putting on!



## SIGN UP FOR SEPTEMBER WIB EVENTS

We have a lot going on this month. Check out the following events on our Facebook sign up page!

1. **First General Meeting** is Wednesday, September 23rd from 8-9 p.m.
2. **Mentoring Program sign up** is due September 20th at 11:59 p.m.
3. **Lean in Circle and Gal Pal sign up** is due September 26th at 11:59 p.m.
4. **Lean in Circle Leader sign up** is due September 26th at 11:59 p.m.
5. **Women in the Workplace with Public Financial Management** Tuesday, September 28th from 6-7 p.m.

# ENGAGEMENT



## SOCIAL MEDIA



@uiowawib



Women In Business Announcements



WomenIn Business University of Iowa

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