

WOMEN IN BUSINESS

Newsletter



Breaking down the common barriers all women face by providing resources, professional development, and leadership opportunities.

IN THIS ISSUE:

[General Meetings](#)

[March Events](#)

[Member Achievements](#)

[WIB Mentor Tips](#)

[Sustainable Swaps](#)

[Why WIB Wednesday](#)

[Campus Resources](#)

[DEI In WIB](#)

[Connect With WIB](#)

This March, we had lots of amazing events for our members to engage with other WIB members and our community. We learned about the importance of DEI and mental health in the professional world. We also took some much-needed time off during spring break!

GENERAL MEETINGS

Stephanie Bowers

During our third General Meeting, we were honored to have Stephanie Bowers, Equity Director and Human Rights Coordinator for the City of Iowa City, join us. She discussed the role DEI training has in the workplace and the importance of promoting DEI in the professional world!



Mental Health Workshop with Kati Schneider

During our fourth General Meeting, Tippie's embedded psychologist, Kati Schneider, discussed issues that impact aspiring female professionals such as imposter syndrome, work-life balance, preparing for change, the importance of self-care, and stress management.



Key takeaway:

When faced with imposter syndrome: recognize it, have humility, avoid comparing yourself to others, and focus on your strengths.

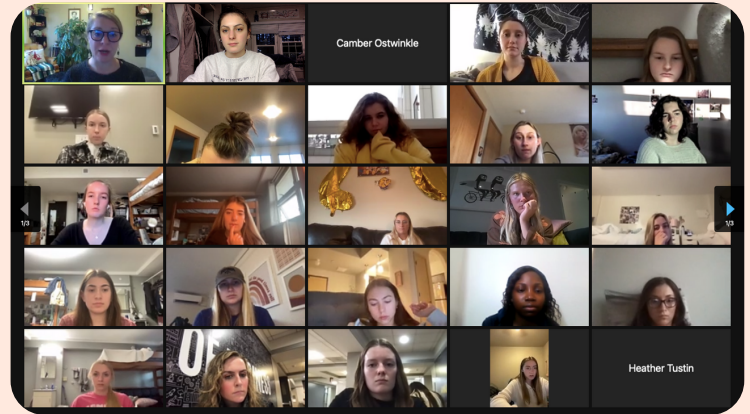
WHAT'S WIB BEEN UP TO?

March Events



Discussion with DVIP Iowa

Allison from DVIP Iowa introduced us to their organization. She talked about the Nonprofit side of DVIP Iowa and their summer internship opportunity!



Vision Board Workshop

Our members were given a space to create vision boards to manifest our future accomplishments!



Entrepreneurship Panel

Three of our mentors shared their entrepreneurial experience and advice!

Finance Panel

We heard from three of our mentors who each have a different career in finance. Our members were able to ask questions and network!



Mini Pro-Trip

Our members had the opportunity to visit Infinity Inc. in Cedar Rapids!

WHAT'S WIB BEEN UP TO?



March Events

Coral Ridge Ice Skating

Our members had some fun at the Coral Ridge Mall ice skating rink!



WIB x Jane Wilch - Sustainability in Business

Jane Wilch, the lead Recycling Coordinator for Iowa City, joined us over Zoom to talk about what she does and how we can be more sustainable as college students!



Sundaes Before Class

We made ourselves ice cream sundaes while playing board games and mingling with other members!



Headshot Happy Hour x Graduate Hotels x IWF

For international Women's Day, we collaborated with The Graduate Hotel to provide professional headshots for our members. Ann Parker from the Iowa Women's Foundation also joined us to speak at this event!



Spring Break!



WIB x Estela's Fresh Mex Fundraiser

We partnered with Estela's Fresh Mex to raise money for WIB!



Nonprofit Panel

A few of our mentors shared their experience and journey working for nonprofits!

WHAT'S WIB BEEN UP TO?

March Events



Book Sale Event with Shelter House Iowa

We volunteered at Shelter House Iowa's book sale event where all of the proceeds went to provide shelter for those in need!



Recent Graduate Panel

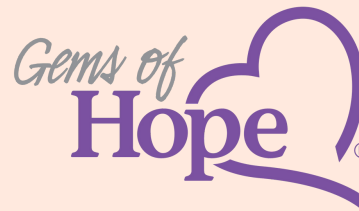
Three of our mentors who recently graduated shared their experiences transitioning from college to the professional world!

Mocktail Happy Hour with Angie Chaplin

We partnered with Unimpaired Dry Bar- Iowa City to give our members an opportunity to network with other WIB members!

Tippie Women's Summit: It's More than Business - Insights from Erin Rollenhagen

Erin Rollenhagen, a Tippie alumna, the CEO and Founder of Entrepreneurial Technologies, and the author of Soul Uprising: It's Never Just Business, shared her advice about being authentic and truthful in the workplace!



Gems of Hope Event

We partnered with Gems of Hope to make earrings and cards to send to people living with cancer!



UPCOMING

APRIL

EVENTS:

CRWC CYCLING CLASS (4/1)

KITES FOR KIDS (4/2)

CHIPOTLE IWF FUNDRAISER (4/4)

WIB X FINANCIAL MANAGEMENT ASSOCIATION (4/4)

INTERVIEW PREPARATION WORKSHOP WITH EY (4/5)

CHICAGO PRO-TRIP (4/7-4/8)

MOLLY'S CUPCAKES FUNDRAISER (4/14)

CLEAN-UP EVENT AT DVIP IOWA'S EMERGENCY SHELTER (4/16)

WIB MOM'S/WOMEN'S WEEKEND (4/23-4/24)

WIB EXECUTIVE BOARD ELECTIONS (4/27)



MEMBER ACHIEVEMENTS

Here are a few of our members who were recognized by their peers this month:

- Hannah Gorsline accepted a job offer!
- Maddie Rigdon accepted an internship offer!

WIB MENTOR TIPS

Click [here](#) to read our WIB mentor bios!

"What tips do you have to help find what you're passionate about?"



"Who are your muses?
What have they done?
Why do they inspire you?
Figure out what the
people you love have
done and do it."
- Zoe Waters



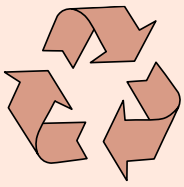
"Try new things
and be open to
that experience.
Try enough things
and you will feel it
when the juice
flows and the
passion grows."
- Karen Kubby

"Meet with people who
are doing what you want
to do. Ask them
questions and job
shadow them. Don't trap
yourself in a box, be
open to multiple career
verticals. Be honest and
kind to yourself when
plans change."
- Stephanie Koehler



"Try new things and don't overthink it.
Following your curiosity will teach you more
than you ever could imagine. When in doubt,
tap into your inner child - what did you dream
about when you were 8 or 10 or 12? Your
younger self has a lot of wisdom."
- Emily Legel

"Try new things and be
open minded about
what you engage in."
- DaLayne Williamson



SUSTAINABLE SWAPS

by our VP of Sustainability: Olivia Wright



Looking for some long-term sustainable swaps to cut out single-use plastic?

Consider these swaps:

1. Reusable razors - the metal handle makes it easy to add a new blade every few weeks!
 2. Rubber straws - these are better for drinking hot or cold beverages and for those with sensitive teeth!
 3. Detergent sheets - these can be thrown in the wash in place of liquid detergent without the large plastic container!
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WHY WIB WEDNESDAY HIGHLIGHTS

Here are a few members who shared why they love Women in Business:



Alexa Sammler

"I love being surrounded by amazing and powerful women 24/7 and am forever grateful for the opportunities WIB events have given me."

"My favorite thing about WIB is the mentorship program. I have an amazing mentor that has given me great advice about my future. WIB means a networking opportunity with strong confident women and growing myself in a professional manner"



Alexis Moritz



Rachel Woodley

"I love being part of a club with strong women and for the many connections the club has brought me!"



CAMPUS RESOURCES

UNIVERSITY COUNSELING SERVICES

PROVIDES COMPASSIONATE PSYCHOLOGICAL SERVICES, OUTREACH, AND
TRAINING THAT FOSTER THE MENTAL HEALTH OF STUDENTS.

CALL (319) 335-7294 TO SCHEDULE AN APPOINTMENT

VISIT THE UCS [WEBSITE](#)

CENTER FOR INCLUSIVE ACADEMIC EXCELLENCE (CIAE)

PROVIDES PRE-COLLEGE STUDENT DEVELOPMENT, ASSISTANCE WITH FACILITATING THE
ENROLLMENT PROCESS, ACADEMIC COACHING, AND MORE

PHONE: 319-335-3555

EMAIL: DDEI-CIAE@UIOWA.EDU

VISIT THE CIAE [WEBSITE](#)

STUDENT DISABILITY SERVICES

PROVIDES SUPPORT AND ACADEMIC ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES.

SDS COLLABORATES WITH STUDENTS, FACULTY, AND STAFF TO CREATE AN ACCESSIBLE
EDUCATIONAL ENVIRONMENT FOR ALL.

PHONE: 319-335-1462

EMAIL: SDS-INFO@UIOWA.EDU

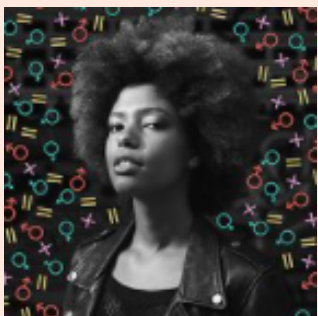
VISIT THE SDS [WEBSITE](#)



DEI IN WIB

CLICK [HERE](#) TO READ WIB'S GROWTH MISSION AND DEI
STATEMENT!

Do you love Ted Talks?

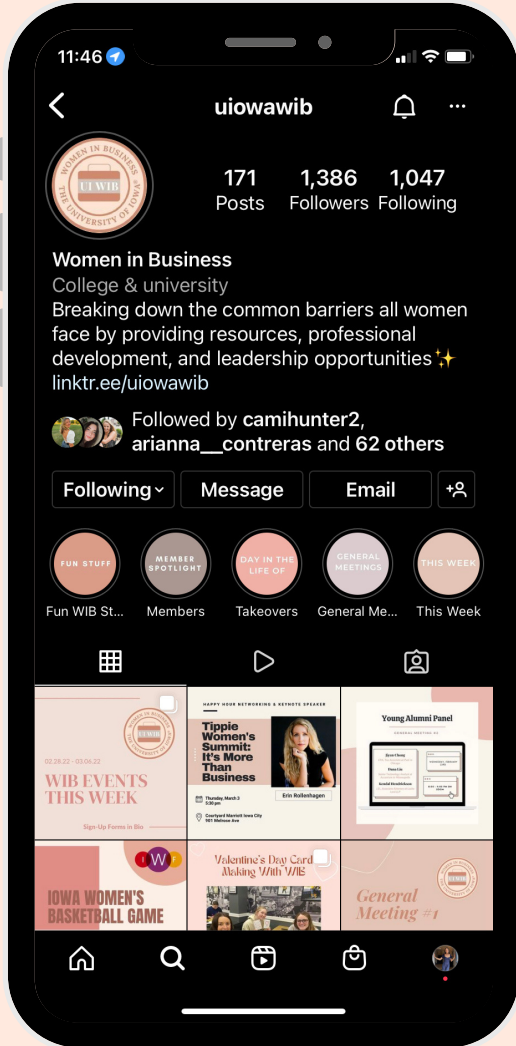


Check out the
[Talks on Modern
Feminism](#) Ted
Talk playlist!

WIB'S [DEI](#)
[RESOURCE](#)
[LIBRARY](#)



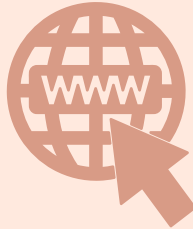
CONNECT WITH WIB!



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Women in Business University of Iowa



WIB Website

