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

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

WIB x Girl Scouts
Our members volunteered to help a local Girl Scouts troop sell Girl Scout cookies to students and faculty in the Pappajohn Business Building!

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!

Mini Pro-Trip
Our members had the opportunity to visit Infinity Inc. in Cedar Rapids!

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!
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

**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!

**UPCOMING APRIL EVENTS:**
- **CRWC CYCLING CLASS** (4/1)
- **KITES FOR KIDS** (4/2)
- **CHIPOTLE IWF FUNDRAISER** (4/4)
- **WIB X FINANCIAL MANAGEMENT ASSOCIATION 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)

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**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!

**Gems of Hope Event**

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

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."

Alexis Moritz

"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"

Rachel Woodley

"I love being part of a club with strong women and for the many connections the club has brought me!"
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DEI IN WIB
CLICK HERE TO READ WIB’S GROWTH MISSION AND DEI STATEMENT!

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WIB'S DEI RESOURCE LIBRARY