

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

September Events

WBLC Committee

Resources

Upcoming Events

Connect With WIB

September kicked off the Fall 2022 semester for WIB! This month was packed full with lots of new and exciting (*in person!*) events. WIB members had many opportunities to network with other members and serve our community.



GENERAL MEETINGS

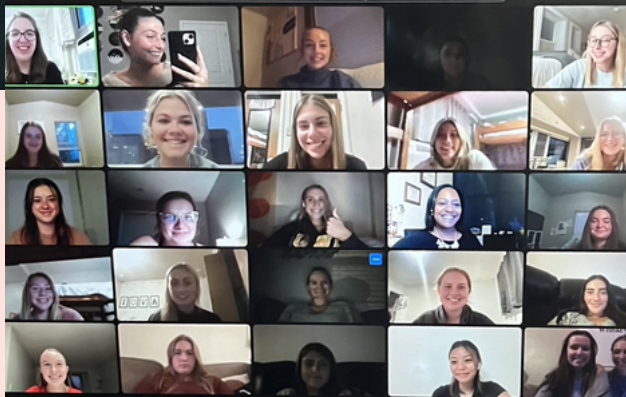
MEETING #1

Our first general meeting provided members with info about WIB expectations such as points, etiquette, and dress code. We also had the opportunity to internally network with fellow WIB members and friends -- with conversation starters like go-to coffee orders and silly would-you-rathers!



MEETING #2

Janice Ellig, a UIowa alum and the founder & CEO of Ellig Group, spoke to WIB for our second general meeting on Zoom. She is dedicated to increasing the placement of women and underrepresented executives on cooperate boards and C-Suites.



She led an engaging discussion about the importance of representation in executive positions, and gave us advice on how to avoid burnout and find a support network.

WHAT'S WIB BEEN UP TO?

STUDY GROUP

We had so much fun studying with other WIB Members! The next study group is on **Tuesday, October 11th** from **9:30 - 11:30 AM** in **PBB C150**. Stop by to make new friends, do homework, and chill!



FARMER'S MARKET

Members stopped at fix! coffee for a pick me up before heading to the **Iowa City Farmer's Market**. The crisp, fall day was perfect for exploring all the small businesses and vendors at the market!



FIT TO GO WORKOUT CLASS

We got to attend a WIB-exclusive workout class at the Rec. Members were left sweating after a fun & challenging yoga-sculpting session!

BACK 2 BUSINESS

PIZZA PARTY



Members enjoyed some free pizza and an opportunity to meet and chat with fellow WIB members: the most delicious way to kick off a great semester!

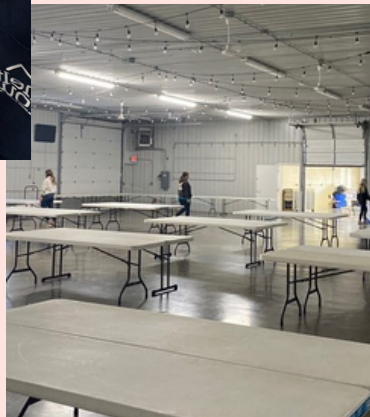


SERVING OUR COMMUNITY



BBQ BASH

Members helped set up and serve food at the Shelter House's annual BBQ Bash fundraiser! Shelter House is an amazing organization that provides housing, employment, and mental health resources to individuals and families in the Iowa City community.



IOWA WOMEN'S FOUNDATION LUNCHEON



The Iowa Women's Foundation hosted their 26th annual luncheon in Coralville! WIB members helped set up for the event and even had the opportunity to attend the luncheon. IWF improves the lives of Iowa's women and girls through a diversified mix of action and funding, including research, grantmaking, advocacy, education, and collaboration.



DEI & SUSTAINABILITY



DEI DISCUSSION WITH LIZ TOVAR

Dr. Liz Tovar is the University of Iowa's Executive Officer and Associate Vice President of the Division of Diversity, Equity, and Inclusion. She led a discussion about DEI, why it is important, and how to implement inclusive diversity and equity in our community.

PROFESSIONAL CLOTHING SWAP

WIB Members were able to expand their wardrobe or swap business casual clothes with other members. The Clothing Closet, located in 213 IMU, is a program that provides students with professional and business casual clothes at no cost!



WIB X BASIC GOODS

Basic Goods partnered with WIB for a fundraiser! Members visited the adorable store (located on the Ped Mall) to treat themselves to a plant, sustainable health and beauty products, or a coffee from Daydrink!



WBCLC COMMITTEE

CONGRATULATIONS TO THE NEWLY
APPOINTED WBCLC EXECUTIVE COMMITTEE!



BELLA MANGROO
COMMUNICATIONS



CAM OSTWINKLE
MARKETING



ELLA CLASEN
EXTERNAL RELATIONS



ALIKI KASSIOTTI
EVENTS



LORELEI BAHL
EVENTS



ALEKS ZEGLEN
FINANCE



more information about the conference can be found at
<https://www.biz.uiowa.edu/wib/wbclc-2023-information/>



CAMPUS RESOURCES

UNIVERSITY COUNSELING SERVICES

University Counseling Service provides therapy and counseling to students for mental health well-being, academic success, or any other concerns.

Call UCS at [\(319\) 335-7294](tel:(319)335-7294) to schedule an appointment.



STUDENT HEALTH AND WELLNESS

Student Health and Wellness is available for students to visit when they are sick, need vaccines, or want to learn more about health, fitness, and wellness.

Offices are located in the [IMU Nurse Care Clinic](#) and on [Westlawn](#).



DIVISION OF DIVERSITY, EQUITY, AND INCLUSION

The Division of Diversity, Equity, and Inclusion provides leadership and resources to support the University diversity, equity, and inclusion goals. DEI's primary goal is to enhance a welcoming, respectful and inclusive campus environment for all.

Visit the [website](#) for opportunities and resources about DEI!



WOMEN'S RESOURCE AND ACTION CENTER

WRAC works to create greater equity for individuals and communities of all identities, with a particular focus on women, through activism, social justice initiatives, leadership training, advocacy, service, and personal and professional development.

Visit WRAC at [Bowman House, 230 N. Clinton St. Iowa City, IA 52242](#)



STUDENT DISABILITY SERVICES

Student Disability Services provides support and academic accommodations for students with disabilities to ensure an accessible educational environment for all.

Visit the [SDS Website](#) to learn more!



UPCOMING EVENTS

GENERAL MEETINGS

GM #3 - Wednesday October 5th in PC C20

Hear from Tippie's dean, Amy Kristof-Brown!

GM #4 - Wednesday October 19th on Zoom

*Three recent WIB Alumni will share their experiences
& advice for women in business!*



Amy Kristof-Brown



Noopur Inani



Clarissa Short



Nanette Chapa

COMMUNITY SERVICE OPPORTUNITIES



Gems of Hope Workshop - Thursday October 6th

Create cards and bookmarks for cancer patients and their families from 5 - 6 pm in the Homecoming Room of the IMU.

United Way Workshop - Monday October 10th

Assemble literacy kits for elementary schoolers learning to read from 7:30 - 8:30 pm in the Herky Room of the IMU.

EVENTS

CDP Workshop - Monday October 3rd

Create and assess your career development plan in this workshop from 7 - 8 pm on Zoom!



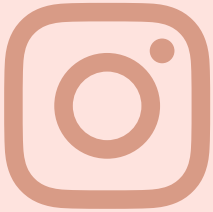
Study & Sundaes - Sunday October 16th

*Enjoy an ice cream sundae, work on some homework, and mingle with your WIB friends!
3:30 - 5 pm in Meeting Room A | Iowa City Public Library (Downtown)*



New October events will be added to Band, Engage, & Icon soon, so be sure to check those out for the most up-to-date info!

CONNECT WITH WIB!



[@uiowawib](#)



<https://www.linkedin.com/in/womeninbusinessuniversityofiowa>



<https://www.biz.uiowa.edu/wib/>

CONNECTION:

the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.

