



Message from the President: Don't Give Up Your Power!

"Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve." - Mary Kay Ash -



LaTresse Snead

As a professional woman, do you give up too much of your power? Sheryl Sandberg, COO of Facebook, would probably say yes. I recently watched the speech she gave at the TED Women's Conference in December. Her speech was about why we have too few women leaders. She discussed why a smaller percentage of women than men reach the top of their professions.

Sandberg shared three powerful pieces of advice for professional women looking to make it to the top. First, she encourages women to "sit at the table." She goes on to explain that we women systematically underestimate our own abilities. We often attribute our success to outside forces and don't negotiate for ourselves in the workplace. Sandberg's advice is to own your success and believe in yourself.

Secondly, she states that women should make their partner a real partner. Make sure that responsibilities involving taking care of kids and the household are equal at home. Finally, she says, "Don't leave before you leave." She shares that she has noticed that when women are planning for their future (e.g., having a child) we tend to stop volunteering for special projects and stop looking for promotions. Essentially, we start quietly leaning back. Sandberg says, don't ever stop looking for new opportunities and don't make decisions too far in advance.

After I watched the video, I thought of myself personally and thought of the ways that I sabotage my own success. We are powerful professional women and I want to encourage you all to always acknowledge your success, strive for equity at home (just like you do in the workplace) and always stay present and never let an opportunity pass you by.

If you would like to see the video for your self, visit our Facebook page.

LaTresse Snead

CALENDAR

- January 26 Monthly Membership Meeting 11:30 am-noon - networking noon-1:00 pm - lunch/program Holiday Inn
February 16 February newsletter deadline
February 17 Leadership Team Meeting at Viking Savings
April 28 Annual Style Show & Scholarship Luncheon
May 19 Spring Picnic

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## Give a Member an Ovation!

An Ovation is a great way to nominate another LAPW member for the annual Spirit of Professional Growth, Spirit of Professional Development or Spirit of Philanthropy award. The Leadership Team will accept Ovations throughout the year. Ovation slips will be available at each meeting for you to complete or you can simply email your Ovation to [latresse.snead@tastefullysimple.com](mailto:latresse.snead@tastefullysimple.com).



### 2010-11 LEADERSHIP TEAM

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### Wisdom Words!

**"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats so you can know who you are, what you can rise from, how you can still come out of it."**

-Maya Angelou

## Team Updates!

**Scholarship Team.** The Member Career Advancement Scholarship application and the Member Student Scholarship application are available upon request. Please email [christie@glenwoodstate.com](mailto:christie@glenwoodstate.com) to obtain an application. The deadline for submission is April 29, 2011.

**Membership Team.** During our January meeting, we will install the following new members:

- Sherry Bruckner
- Jill Stoeck
- Ashley Trousil
- Nicole Fernholz

**Style Show Team.** Save the date! The Style Show is coming April 28 to the Holiday Inn. Stay tuned for more details.

## January Meeting Preview!

The Mentorship Committee would like to highlight that January 2011 is by proclamation of the President of the United States - National Mentoring Month!

All Lakes Area Professional Women are encouraged to look around their companies and communities to find ways to share the wealth of your career knowledge and experience with a co-worker or student. Many of us have been in our careers for years and learned a lot by the "school of hard knocks!" How much better would it have been for us, had someone more experienced taken some time to give us a few pointers on navigating office politics, dressing professionally or handling job stress?

In honor of National Mentoring Month, the Mentorship Committee invites you to attend a speed networking event to be held at the regular January Meeting on January 26, 2011. All persons who attend the January meeting should bring business cards, resumes or brochures from your business.

This event will be great fun and you will get a chance to speak to professionals and students from Alexandria Tech College.

Please join us.



# Member Spotlight!



Jill Stoeck

## Jill Stoeck

(Ravnik Interior Design)

### Why did you join LAPW?

Because I can work together with other women in their professional lives to learn, work with and be proactive together for a purpose. Participating with a group that has a voice of many is very rewarding.

### What should LAPW members know about you?

I think they should know I am very passionate person and believe laughter is one of the most important things in life. I love my work; it is what inspires me. I have been married for 20+ years to my husband Bryan and we have two boys; Benjamin (18) and Jack (16). I graduated from Jefferson Sr. High and received my degree in Interior Design at the Alexandria Technical College in 1988 and continued with a special interest in residential design, graduated in 1989 as an Interior Environmental Specialist. I have had the pleasure to work with some incredible people in Alexandria ever since.

I love to get together with my girlfriends for a "refill" of laughter, love and fabulous conversation. I really enjoy gardening and the whole concept of starting from a seed and growing something that is not only beautiful but is nourishment. Of course I am consistently reading books and magazines about my industry; if you do what you love it isn't work. My free time is spent with my boys, and all their activities that come with the blessing of having children.

### Who is your favorite professional woman?

My favorite professional women would have to be all of the mothers in today's society who work and provide love, support and guidance to their children and families. They give of themselves every day without regard for anything in return, volunteers their time, and from their efforts we all gain in one way or another. It is a priceless gift.

### What is your favorite quote?

*"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and to endure the betrayal of false friends. To appreciate beauty; to find the best in others; to leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know that even one life has breathed easier because you have lived. This is to have succeeded."*

- Ralph Waldo Emerson

## Women's Foundation of Minnesota Annual Dinner - The Stir

The Stir (formerly the Joint Dinner of Women's Professional Associations) has provided a unique annual opportunity for professional women -- many of them members of a women's professional association -- to network, share best practices across careers, and celebrate women in business.

The Stir 2011 will take place on Thursday, March 10, 2011, from 5:00-8:30 p.m., at the Marriott Hotel at City Center in downtown Minneapolis.

LAPW has a table at the event (8 tickets). ***If you are interested in attending this event with me, please let LaTresse know by January 31.*** If we have more than seven members interested in attending, we will draw names at the February Leadership Team meeting and announce those selected to attend in a Friday e-News.