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June 24th, 2015

Hello



Summer is here for the WBN. What to watch for this summer:

1. [Early Bird Memberships](#) available until August 15th
2. Newsletter and E-Blast advertising opportunities will be announced - it's first come first served so watch for the e-blast.
3. The WBN Business Spotlight application will be sent in August.
4. Exhibitor Tables for September can be booked in August.

Note: Our September meeting is later in the month this year. We will be meeting September 16th at 5:30 at the Holiday Inn. This change affects the September meeting only. After that we are back to the first Wednesday of each month.

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President's Message

This is the year that I have the honour of sitting at the head of an amazing organization of women. I have big shoes to fill and believe me I feel the pressure. But pressure is also excitement and drive and challenge.



I have read all the survey responses from last year and many of the recommendations are already on our list of "to-do's" and "to be investigated". Some items had not yet crossed our radar but rest assured they have been added to that list and I promise each and every suggestion will be taken seriously.

As a WBN member, you can continue to play an active part in making this a stellar year. Your responsibility in this is to:

1. Keep us informed of what we are doing right and of where we might be missing the mark and
2. Work your membership in the way that it's designed so that every meeting you are learning about someone's business and how you might be able to help each other grow!

But we'll talk more about that as the year unfolds.

My hope is to make you proud of me as your president, proud of your board and proud to be a WBN member. Looking forward to a fun and fruitful year ahead,

Your humble President,

Theresa Foley

Captured in Pictures



For more pictures check out our Facebook page:

Sponsorship Opportunities Available

Join Meghan Moloney in sponsoring our September WBN member meeting with [Jill Harrington](#).

Three levels of sponsorship are available. Please review the



Betty Johnson's Home Selling Team
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WBN Mission

To Promote and Support Women in Business through Personal and Professional Growth Opportunities.



Carrie Wakeford



Black Cap
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www.blackcapdesign.com

WBN Vision

To strengthen our community by supporting, empowering & inspiring women in business.

ALTERNATIVES
COMMUNITY
PROGRAM SERVICES
Employment Supports

Job Coaching Screening
Advertising Wage Subsidy

Making a difference for people who make a difference

Jennifer Cormier
Program Director
alternatives_icormier@yahoo.ca
705-742-7038 Ext. 235

attached [Sponsorship PDF](#) for details. Don't miss this opportunity to get in front of the lucrative community of Peterborough business women.

Please contact Directors at Large [Louise Shea](#) or [Colleen Carruthers](#) to book.

Board News



WBN Strategic Planning Weekend

The outgoing board would like to say thank you so much for such a great year. All the best to the incoming Board of Directors.

Sofie, Cheri and Carrie bid a sad farewell to the WBN Board.



Lorie, Louise and Colleen are the fresh new faces on the WBN Board. They would love to have you join them.

The Board still has one position available - Director of Member Communications. Contact [Gwyneth James](#) if you would like more information.



Lunchbox Learning: This year WBN members can attend the Chamber of Commerce "Lunchbox Learning" sessions for free. Keep up to date on the [summer schedule](#). To register for the next session, please email:

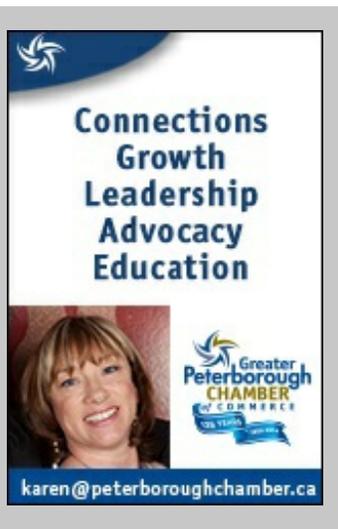
Member Benefit:

Members can [purchase](#) Linkable Ads & Video Ads in our e-Newsletters & e-Blasts. Want more info - contact our [Member Communications Director](#)



Member Benefit:

Any member can write a [Feature Article](#) for our Monthly Newsletter & WBN Blog.



Member Benefit:

Any member can [share news](#) about their business, products or services in our monthly Newsletter FREE each month.

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Thank You Committee Members

This year the WBN Board of Directors had some amazing Committee Members working hard behind the scenes.

The Marketing and Communication Committee would like to say thank you to [Marilyn Cassidy](#) for all of her work managing our WBN LinkedIn account and her keen eye as our newsletter proofreader. We also want to thank [Lorie Gill](#) for her help with social media, technology and for coordinating the Feature Article submission for the newsletter.

The Membership Committee would like to thank [Sue Dunkley](#) and [Jeannine Taylor](#) for their amazing organizational skills.

The Strategic Planning Committee would like to thank [Colleen Carruthers](#) for her help looking at the future of the WBN.

The Program Committee would like to thank [Marilyn Cassidy](#), [Meredith Pilley](#) and [Tanya Althenburg](#) for their help with speakers and event organization and planning.

If you are interested in joining a committee next year, please let us know.

Contact:

- [Marketing and Communications](#)
- [Membership](#)
- [Program](#)
- [Strategic Planning](#)

Jill Harrington - September 16, 2015

Our September 16, 2015 speaker, Jill Harrington is a sales expert. She will introduce you to the new selling ABCs that put women in an advantageous position and assure that you have greater influence and impact with your most important customers.

"Too many sales people, even entire sales organizations, work way too hard doing the wrong things for the wrong reasons. Your team may be stuck in a rut doing what they've always done, doing what your competitors do, or simply doing too much of what doesn't work. The net result... You're making it way too hard for your clients and potential clients to choose you!" Jill Harrington Sales Expert, Trainer Speaker



Learn more at: <http://www.salesshift.ca>

Jill Harrington Needs our Help

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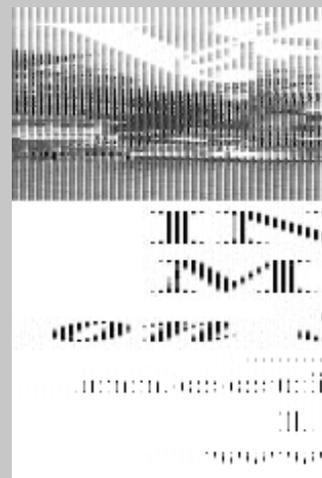
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Member Benefit:

Any member can [share news](#) about their volunteer activities & community events in our monthly Newsletter FREE each month.



Volunteer

Board, committees, table facilitators, greeters, introductions, marketing, event, program and strategic planning

Our September speaker, Jill Harrington would like to target her presentation to the WBN she is asking for YOUR input

Please take a moment to complete this [short survey](#) ... OR send a quick email to [Denise Travers or Louise Racine](#) by June 30h/15 - answering the following 3 questions:

1. What are your top one or two sales challenges?
2. What is one burning question about the process of selling that you would love to have answered?
3. What would you like to be able to do, or do better, because you know it will enhance your sales success?

Thank you for your time in completing this request.



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5 Ways to Get the Most Out of Your Downtime

[Jill Bradley](#)

Marketing Coordinator at Viamede Resort



We all know we need more downtime in our lives. But between running your own business, a hectic work schedule, devoting your talents to a worthy charity and keeping up at home, there just doesn't seem to be enough time! When your hours are this limited and life is intense, it's crucial to build in some time to refresh. Here are 5 ways to make sure you are getting the very most out of your downtime:

1. Take your vacation.

It is well understood that regular breaks throughout the work day helps us to focus and accomplish more. The same is true on a larger scale. Vacation takers are more productive, focused and dedicated to their jobs, offering benefits to both the employer and the individual. To truly see these benefits, you need to disconnect from work emails and projects. If you must check-in, set a limited time once a day or every two days - and stick to it! You'll come home rejuvenated and excited to get back at it.

2. Go somewhere.

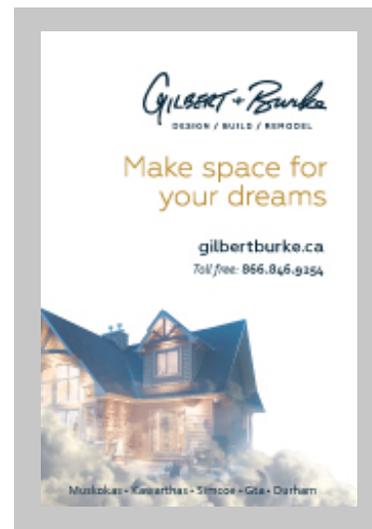
A break doesn't always have to be a week-long vacation involving airports and customs. Sometimes just a night or two away from home is enough to get some rest and bring a fresh outlook on life. Try a road trip to a cute town a few hours away, a night out to dinner and a show in the city, or a retreat to a nearby quiet bed and breakfast or resort. As a bonus, you'll keep costs down (less financial stress!) and you won't have much to catch up on when you get back.

3. Schedule non-work activities.

When things get busy, it's easy to sideline the things that aren't loudly demanding your attention. Maybe you've been meaning to catch up with an old friend for months now. Or you keep missing a favourite yoga class by working overtime. If

Thank You

Inspirtainment and Gilbert + Burke co-sponsors of our June 2015 speaker.



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Join a WBN Committee

Would you like to join a WBN Committee?

Marketing and Communications

- [Lorie Gill](#)
- [Gwyneth James](#)
- [Louise Shea](#)

Membership

- [Glenda Vandermeulen](#)

Program

- [Denise Travers](#)
- [Louise Racine](#)

you schedule these activities into your calendar, you're much more likely to keep the commitment. Many gyms allow you to sign up for classes in advance, docking points or charging a fee if you don't show. It's a simple psychological hack that encourages accountability. So go ahead - make a date to meet your friend for a Saturday morning coffee or bootcamp class.

[Read more....](#)

Next Year

We have some great speakers lined up for you next year starting this fall with:

- Jill Harrington: Rethink your Sales Success.
- Beverly Beuermann-King: Workplace Wellness

Watch our [Program Page](#) for more details.

Member News

Carrie Wakeford - [Black Cap Design](#). On April 21st Google announced that mobile-responsive sites will get an automatic boost in search rank (SEO). Check your site to see if it is mobile-responsive by entering your URL at: <https://www.google.com/webmasters/tools/mobile-friendly> or see how it looks at: <http://blackcapdesign.responsinator.com>

Next Month: Submit your information (60 words or less) for this section by the 15th of each month. Complete the [form](#) on the newsletter page of our website or send your information to: news@womensbusinessnetwork.net.

Have a Great Summer

The Board would like to wish everyone a safe and happy summer.

We are working this summer so if you have any questions, please contact us through the [Board page](#) of our website.

See you all in September!

Strategic Planning

- [Catia Skinner](#)

Announcing 2015-2016 WBN Board Members

Do you have questions or comments for the [Board of Directors?](#)

President:

- [Theresa Foley](#)

Past President:

- [Gwyneth James](#)

Treasurer:

- [Andrea McLeod](#)

Secretary:

- [Mary McGee](#)

Membership Director:

- [Glenda Vandermeulen](#)

Program Directors:

- [Louise Racine](#),
- [Denise Travers](#)

External Communications:

- [Lorie Gill](#)

Member Communications:

- [Vacant](#)

Directors at Large:

- [Louise Shea](#)
- [Colleen Carruthers](#)

Strategic Planning Director:

- [Catia Skinner](#)

Member Benefits

Networking, linkable ads, feature articles, member news, community events, exhibitor tables, trade shows, website profiles and social media. Speakers, Spotlights, professional development and mentoring programs.

For more information contact Director of Member Communications at: news@womensbusinessnetwork.net

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