

Inspired Beyond!

Published by ABWA InspireHer Chapter
www.abwa-inspireher.org



Together

TOWARDS TOMORROW

THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

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ABWA Mission Statement

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.



Breast Cancer Awareness

Education saves lives!

October is Breast Cancer Awareness Month. Support the breast cancer community by spreading the word and encouraging others in your life to prioritize their health through regular health screenings.

Breast Cancer Awareness is important and meaningful for everyone affected by breast cancer. It is not only a time to turn products or profiles pink, it's also a time to rally around everyone at every stage, whether they're just learning about breast health, have been recently diagnosed and are undergoing treatment, or have many years of survivorship behind them.

In our busy lives, it can be tempting to keep moving our health down the list of priorities. But that decision can have serious consequences. Spread the word about the importance of early detection with the women in your life. Early detection saves lives, and it's never too early to start! 1 in 8 women will be diagnosed with breast cancer in their lifetime. Breast cancer detected in the earliest stages has a 99% 5-year relative survival rate. That means women must take action to care for their health.

From understanding the importance of early detection to knowing how to prepare for a mammogram, being well-informed is the key to being a champion for your health and wellness. Are you ready to prioritize your breast health? Start with the basics of breast cancer screening and detection. Adult women of all ages are encouraged to perform breast self-awareness. It may sound daunting or technical, but it's fast and easy. [Click here](#) to get the 3 Steps to Early Detection Guide to learn about breast self-awareness, then share it with your friends and loved ones.

Do you know the signs and symptoms of breast cancer? Or how often to schedule a mammogram? [Click here](#) to learn.

Are you eating the rainbow? One health benefit of colorful fruits and veggies is their antioxidants, which help protect cells from damage and reduce the risk of developing cancer. Learn more by downloading the Nutrition Care eBook. [Click here to download.](#)

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Explore

Engage

Excel

The *InspireHer* Chapter vision is to lead through service to inspire, motivate, and empower every person to be their **BEST SELF.**

InspireHer Member Spotlight



Jennifer Bussey *(left)*

Formation Team – Membership 2019
Membership Committee – Chair, 2020-2021
Membership Committee – Co-Chair, 2021-2022, 2022 - 2023



Janice Wilmot *(Right)*

Professional Development
Committee, 2022 - 2023

ABWA National Board of Directors 2022-2023

The National Board of Directors is a volunteer board that governs the national bylaws on behalf of the ABWA members. The National Board of Directors also serve as trustees for the Stephen Bufton Memorial Educational Fund (SBMEF). Aside from fiduciary responsibilities, the Trustees determine the value and the eligibility criteria for each scholarship, and the selection of the scholarship recipients.



Cheryl Blair
National President
Raintree Chapter
Muncie, Indiana



Rachelle Jamerson-Holmes
National Vice President
Empower Chapter
Orangeburg, South Carolina



Joyce Wright
National Secretary—Treasurer
Charlotte Chapter
Charlotte, North Carolina



Genice Hall
Vice President, District 1
Women Connecting Women Chapter
Newberry, South Carolina

5 Tips To Build Your Confidence

Self-confidence is a feeling of trust that one has in his/her abilities, qualities, and judgment. It means you trust yourself to have the ability to control any situation, and hence therefore, your life. For instance, you feel more confident in yourself when you know you can excel in a particular expertise but feel less confident in things that you do not know much about

Having a healthy level of self-confidence can help you become more successful, in both your personal and professional life. In fact, it gives you motivation to work towards your goals because you can always have control on how you present yourself in front of others. Following these five (5) easy tips can help you build confidence.

1. Always focus on what your strengths are and reinforce them by giving yourself reminders.
2. Practice skills to develop a belief in your ability to do things that are a part of your work and personal life. Be the best version of yourself to become what you aspire to be.
3. Negative feeling or negative self-talk can limit your abilities by making you convinced that you cannot do something or that it's too difficult for you to handle. Remember self-talk should be optimistic to assist you in overcoming self-doubt and take on new challenges.
4. Reinforce yourself at each step toward completing a task or project, and always keep track of your progress. Break tasks and activities into smaller portions so that it is easier to approach them. This will help you stay on course and see more confidence in yourself as you make progress.
5. Create a progress chart or list. This will help you successively see your progress and help you feel more confident in being able to take the next, and potentially more complex task.

Breast Cancer Awareness *continued from page 1*

Self-care is vital, from wearing the right size bra to getting enough sleep, exercise, and water. Connect to educational resources that can enhance your day-to-day life. Download the Bra Fit Guide to learn more about finding your perfect fit. [Click here to download.](#)

Feeling empowered is vital when facing a breast cancer diagnosis. For some, this means being able to make decisions for their course of treatment. For others, empowerment can come from something as simple as wearing their favorite sweater to chemo appointments. The National Breast Cancer Foundation encourages people to be vulnerable and honest to feel empowered during their breast health journey.

A breast cancer diagnosis is a life-changing event that alters everything instantly. Below are six things to say when someone shares they have cancer:

1. I don't know what to say, but I'm here for you.
2. Do you feel comfortable sharing what you are going through? Either way, I'm here for you.
3. This has to be very hard for you and your family, but you have my support too.
4. I'm not sure how to help yet, but I'm not going anywhere.
5. I'll follow your lead when you want to talk about your journey.
6. I want to help. Give me some tasks to do for you, food, shopping, laundry, picking up kids, whatever would be helpful.



Historically, breast health hasn't been talked about enough in our communities and even in our families. The National Breast Cancer Foundation will help you navigate these important and potentially life-saving conversations. For tips, download the eBook, How to Talk About Breast Health. [Click here to download.](#)

Support, encouragement, and community are vital to the breast cancer journey. No matter how daunting a diagnosis, encouragement, connection, and community carry us all forward together. There is power in the community.

In this spirit, today ABWA InspireHer Sisters, we invite you to join us in reminding everyone affected by breast cancer that they are surrounded by the love and support they need at each step of their journey. Share a word of encouragement or wisdom with someone on their breast cancer journey.



The Importance of Self Defense for Women



Imagine you're walking through the parking lot to your car. It's late—9:32pm—and the hazy streetlights don't give off much light. You're pushing a cart full of groceries, trying to get home before your Tillamook chocolate ice cream melts, when arms clamp around your waist and wrench you from the cart.

Do you know what to do?

In 2005, the National Institute of Justice commissioned a report where researchers examined cases of physical and sexual assaults made against women. The report discovered that those who resisted physically and verbally against their attackers significantly reduced the probability of serious injury.

In the alarming chance that you find yourself confronted with someone who might cause you harm, knowing how to defend yourself will give you the potential upper-hand and may buy you enough time to get away to safety. And, according to a study by a University of Oregon sociologist professor, women trained in self-defense find themselves more confident in their ability to confront unwanted attention.

Self defense opens up this source of freedom for women in an imperfect world. Building confidence in physical resistance skills allows women to feel more capable and more at peace when in potentially dangerous areas as they know the proper techniques to help fend off an attacker.

According to the study by University of Oregon, training classes can even teach women how to be “better able [at discerning] the warning signs of assault. They are clearer about their own desires in an interaction, and more willing to speak and act on their own behalf.”

Keeping yourself safe is a priority, and every women deserves to know the proper skills to defend herself if or when danger attacks. If you are interested in learning skills to protect yourself against assault, Greg Webb, Dekalb County Master Police Officer and Police Academy Instructor, will join us to share tips to staying safe in our November monthly meeting.

ABWA Proud Code Of Conduct

The Proud Code of Conduct was developed as a means of guiding all members in making ethical decisions. The broad statements of the code of conduct that are listed below are not expected to cover all conduct for all situations. This is why the Proud Code of Conduct was created as a living and fluid code.

- ◆ As an ABWA member, I will serve as a goodwill ambassador for the American Business Women's Association.
- ◆ As an ABWA member, I will adhere to the Association's Bylaws and comply with the Association's Brand Guidelines.
- ◆ As an ABWA member, I will not use my personal power or influence to advance my own interests.
- ◆ As an ABWA member, I will not allow my personal beliefs or convictions to alienate other members, prospective members, and sponsors at any level of the ABWA organization (local, regional or national).
- ◆ As an ABWA member, I will always treat member colleagues, the ABWA National Team, guests, speakers, vendors, and sponsors with dignity and respect.

Happy
Birthday

October

Shanika Bentley
Celnah Colbert
Tabatha Doby
Nancy Gates
Debra Judd

November

Jennifer Bussey

December

Tiffany Lewis
Tara Bueford

Upcoming Events

November 2022

InspireHer Chapter Monthly Meeting
11/19

Keynote Speaker: Greg Webb

Topic: Women's Self-Defense
(*Keeping Yourself Safe*)

December 2022

InspireHer Chapter Annual Holiday Event -
12/17

Training

Free monthly Apex Courses

Login at www.myapexcampus.org under the **School of Lean** and register today!

Questions

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About the Newsletter

The ABWA Inspired Beyond Newsletter highlights news, events, programs, resources, and opportunities for the advancement of women. The newsletter is published quarterly by the *InspireHer* Newsletter Committee.

Want Your Article Published?

Do you have an article you would like to have published in the next edition? Submit your article 30 days before the publishing date.

2022-2023 Publishing Dates

October, January, April, & July

Consider publishing dates when submitting date-sensitive information and events.

The InspireHer Newsletter Committee will consider articles on a case-by-case basis.

To submit articles for consideration,
click here to [email the newsletter team](#).

InspireHer Inspiration

...is to lead through service to inspire, motivate, and empower every person to be their BEST SELF.