



Women In Action^{Inc}

“I Am Woman” Newsletter

Dear Members and Subscribers,

May 2018

We will keep you up to date with Personal and Professional Development Tips, Upcoming Events hosted by Women In Action, Inc., and other organizations through out the Tri-State Area.

Our pillars of interest :

~ Advising/Support & Empowerment ~ Entrepreneurship Program
~ Job Readiness Program ~ Personal/Professional Development ~ Self Care Program
~ Women Socials ~ Annual Women’s Conference ~ Annual Symposium

[View our Website](#)

Our last event Perfume Party
Workshop hosted by Deb Henderson

Thank you for Attending
[For Pictures](#)



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1. Self Investment Tips
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Top 10 Ways to Invest in Yourself and Why It's So Powerful



Investing in yourself is one of the best return on investments you can have. Whether it's investing in learning a new skill, developing yourself personally or professionally, tapping into your creativity or hiring a coach, you need to give to yourself first before you can give to others. It is our responsibility to take the time to develop our gifts and talents, so we can best serve others. Investing in yourself is an example of self-love, you must love yourself before you can expect others to love you.

Why is investing in yourself so powerful?

Investing in yourself, sends a powerful message to yourself and the world. The message is:

The value and potential that I possess, is important enough to me that I'm going to give it the energy, space and time to grow and create results.

When you're willing to say yes, and take that leap of faith and invest in yourself, the universe will provide you with amazing rewards.

I would like to share some incredible ways that you can invest in yourself - the great news is they don't all require money.

1. Set goals. Learn how to set personal and business goals for yourself. If you're not taking the time to set goals it's like driving in the dark with the headlights turned off. You will not know where you're going and you will waste precious time. Be sure to also set some time frames in which to meet them. Your goals should be SMART goals -Specific, Measurable, Attainable, Relevant and Timely.

2. Honor your intuition. You can show yourself love by trusting your gut and honoring the message that it's sending. Listening to your intuition, will allow you to make better decisions. Valuing your intuition, by not allowing the thoughts, feelings or statements of others to take away from what you know to be true is very empowering. By paying attention to how you feel, it will help you to make better, smarter and quicker decisions. I know for me personally, if I choose to ignore my gut or intuition when I feel a strong feeling about something, it almost always is a decision or action that I end up regretting. I have learned to always trust my intuition and that is what leads me in my life and business.

3. Invest time in your creativity. Our creativity doesn't have to diminish as we get older. In fact, it is believed that the peak of creativity in most people is around 30-40 years old. (Lindaur, 1998, Marisiske & Willis, 1998) Creativity can be the catalyst in the manifestation of continual learning and lifelong activity. It allows us to be inspired, have fun and appreciate the beauty in the world.

4. Invest in building your confidence. People who know their value, have something to say and others will listen. You can invest in yourself by developing an understanding of the value that you possess and offer others. Learn to have the courage to speak your truth. The more you love yourself and own the value that you offer, the more confident you will become in sharing it with others.

5. Read educational books. Books or audio books are an awesome resource to build your knowledge and expertise in any area.

6. Attend seminars and workshops to expand your knowledge and skills in your business and/or personal life. This will also give you the opportunity to meet and interact with individuals who are like-minded.

7. Take care of your health. Eat right each day, fueling your body with nutrients. When you focus on eating organic and healthier choices, you will feel better and have more energy. I know that the unhealthy burger or cupcake gives us instant gratification, but if you're like me, you regret it later, because you feel lousy afterwards. Exercise daily. Do something every day to get moving and get your heart rate up, even, if it's just walking the dog. Exercise gives you the energy to take on the day with confidence because of how it makes you look and feel. I have dedicated a whole chapter in my book on health (Chapter 11) because of just how important it is to your success!

8. Choose to be happy. Happiness is a choice. Happy people choose to focus on the positive aspects of life, rather than the negative. They are not held hostage by their circumstances. They look at all the reasons to be grateful. "Most people are about as happy as they make up their minds to be."- Abraham Lincoln

9. Work on your bucket list. If you don't have a bucket list, then it's time to start one. Your bucket list is meant to be a list of everything you want to achieve, do, see, feel and experience in your life. Your list may be ongoing, but you can start by writing 100 things down. Then each month or so, make sure you're knocking out at least, one of the items on your list.

10. Invest in a coach. A coach can assist you in putting all of these strategies into action. A coach is your partner in success. It is their job to assist you in creating and implementing your success plan, so you can become the best that you can be.

I can promise this: When you invest in yourself, a world of opportunities will open up for you. And, if you have a business where you sell your services, you must know that no one will invest in you until you invest in yourself first.

Investing in yourself emotionally, physically, spiritually and financially, will allow you to become the best version of yourself. When you are the best version of yourself, you will be an attraction magnet to others!

Our Next Event is below:



Self
INVEST

SEMINAR

Cost
\$10

Steps to Overcoming Challenges

Are you facing challenges in your life and do not know where to go for help?

Join us at our Self Investment Event, where you will meet with other individuals who too are facing personal challenges. Bring an Open Mind, and be prepared to Participate in an interactive Seminar.

- 1. Overcome Setbacks**
- 2. Learn from Mistakes**
- 3. Embrace the Challenge**
- 4. Focus on Your Development**

Looking forward to meeting you!

Register by email, phone, via Eventbrite and or Website

Website

www.womeninactioninc.org

Phone

508.369.7890

Email

events@womeninactioninc.org

Location: 292 Lincoln Street, Worcester

Date: May 23rd 2018

Time: 530pm

Calendar of Events

- 10am – 5pm 5/15/18 Job Fair 105 Grove Street, Worcester with HW Staffing Solutions
- 5/16/18 9am – 2pm Massachusetts Commission on the Status of Women Women’s Advocacy Day
- 5/16/18 6pm- 7pm Teen Program General Interest Meeting, Clark University with Main IDEA Youth & Arts
- 5/17/18 7:30am – 9am WCAC 12 Annual Action Hero Awards, Mechanics Hall with Worcester Community Action Council
- 5/17/18 9am – 5pm Small Business Expo 2018- Boston, John B. Hynes Veterans Memorial Convention Center
- 5/17/18 7pm – 9pm Elevate Magazine Launch Party, Electric Haze with Igworchester
- 5/18/18 10am – 3pm Celebrating Women’s Entrepreneurship, Sheraton Framingham Hotel & Conference Center
- 5/18/18 6pm – 7pm Community Garden Info Session, YWCA of Central Mass.
- 5/18/18 7pm – 1030pm Teens Rock Worcester 2018, Raven Worcester with Worcester Youth Workers Alliance
- 5/19/19 6pm – 10pm 4th Annual Womanless Beauty Pageant, Maironis Park with TMST
- 5/19/18 8pm – 11pm K Fingers and the Exploration Project Live Music Showcase, WCUW 910 Main Street, Worcester
- 5/21/18 530pm – 730pm Bottoms Up! For Bottom Line, Wormtown Brewery with Bottom Line of Worcester
- 5/21/18 530pm – 730pm Unity Radio MA Meet and Greet, Nonna’s, Worcester
- 5/23/18 530pm Self Investment Seminar, 292 Lincoln Street, Worcester with Women In Action, Inc.

10 Tips for Women in Business to Achieve Their Goals

Goals help you map out events so that you can achieve what you want in life and business. They can also give you focus, which increases your chances for success. When you achieve one of your business goals, it empowers you, giving you the momentum to become more successful. Momentum is a key element for women achieving their business goals. It keeps you moving toward your objective.

Achieving your business goals involves taking action steps to ensure that you successfully attain them. The process requires that you set your goals and then plan out strategies for achieving them. The following 10 tips can help you do just that:

1. Set Your Goals

To begin the process of achieving your goals, you must first map out where you want to go. You can achieve this by setting your goals. Your business goals should be specific, have time frames, and be attainable by you.

2. Actively Pursue Your Goals

Take some time to think about every specific action step you need to take to reach each of your business goals. Utilize your skills and resources to their fullest. Brainstorm all the possible avenues you can take to achieve your goals. Be proactive rather than passive.

3. Create Goal-Achieving Plans

You need to create a step-by-step plan for each one of your business goals. The more specific and detailed you are in your planning, the better your chances for successfully achieving the goal. One method women can use involves listing five practical steps for achieving each of their goals.

4. Make a Daily To-Do List

A daily to-do list helps you organize your day so that you accomplish what you need to achieve your business goals. This list contains the things you need to do daily. At the beginning of each business day, examine what you need to accomplish. Focus and direct your energies toward your goals.

5. Regularly Evaluate Your Progress

If your business goals are your destination points, you need to regularly evaluate how far you have moved toward them. Did you meet your expectations? What are you doing right? What are you doing wrong? Apply the 80/20 rule and spend your time more wisely in order to move more effectively toward your goals.

6. Networking

Building a business network is an important part of achieving your goals. Every time you make a contact you open another doorway of opportunity. Your contacts become possible customers, employers, employees, and avenues to other exciting places with higher earnings. The wider and better maintained your network, the better your chances for success.

7. Affirmations and Visualizations

Create affirmations that move you toward your business goals. If your goal is getting more sales for your business, write out an affirmation such as “Today and everyday I will increase the sales in my business.” Visualize in your mind the success of your goals. Spend at least 10 minutes every day visualizing your success. For optimum results, post your affirmation around your workspace and read it aloud a minimum of eight times a day for at least 21 days.

8. Focus on What Works for You

Play toward your natural inclinations. This means you need to focus on what you do well and work on the rest of your skills that are pertinent to your business. Make an effort to delegate tasks you don't know how to do to others who have an expertise in them.

9. Be Prepared for the Unexpected

Successful businesswomen prepare and practice for every eventuality that might happen. Like a fire drill, you need to have a plan for particular situations. By adapting to every situation, you make it an opportunity rather than a problem.

10. Evolve Your Goals

You are a dynamic person who is continually changing as the world around you changes. As such, you need to evolve your goals to match the changes in yourself and your environment. As a businesswoman, staying ahead of trends can mean a lot to your success. When you achieve your goals, you need to celebrate your success. This gives you the momentum to take the action steps necessary to achieve your next business goal.



Women In Action Inc

Unite

WE BRING TOGETHER WOMEN TO SHARE
BUSINESS EXPERIENCES AND IDEAS.

Health Tips

5 TOP DIET AND NUTRITION TIPS FOR WOMEN

FOCUS ON WHOLE, PLANT-BASED FOODS.

Fill most of your plate with fruit and leafy green vegetables. Also include a variety of whole grains, beans and legumes to give you filling fiber and keep you going throughout the day.

BONE UP ON CALCIUM.

Women are at a greater risk than men of developing osteoporosis, so it's important to get plenty of calcium to support your bone health.

DON'T EAT TOO MUCH PROTEIN

Protein is an essential part of any healthy diet, but eating too much animal-based protein- such as the levels recommended in many low-carb, high-protein diets- is particularly dangerous for women. Eating lots of protein causes calcium loss.

MAKE SURE YOU GET ENOUGH IRON.

Many women don't get enough iron in their diet. On top of that, women lose a lot of this important mineral during menstruation.

CUT BACK ON ALCOHOL AND CAFFEINE.

Women who have more than two alcoholic drinks a day are at higher risk of osteoporosis. Caffeine consumption interferes with hormone levels and also increase loss of calcium.

Source: helpguide.org



<http://positivemed.com/2013/03/14/5-for-womens-health/>



The Investing in Girls Alliance (IIGA) was created in 2007 at the behest of the Worcester Mayor's Task Force on Youth at Risk due to concerns about the rise of violence among girls and young women in greater Worcester. The Alliance is made up of representatives from local and state government agencies, public schools and colleges in the Greater Worcester area, non-profit and private organizations.

The Investing in Girls Alliance (IIGA) is an unprecedented collaboration to address the challenges girls face in the crucial middle-school transition years. IIGA's mission is to improve services for middle school girls in central Massachusetts through research, education, advocacy, and collaboration. The ultimate vision of the Investing in Girls Alliance is that all girls grow up to be happy, healthy, and productive women. In order to achieve our mission we focus on three priority areas. Physical, Mental and Sexual Health are core to girls' well-being and good health provides the foundation for achievements throughout her lifetime.

THE IIGA MISSION

The mission of the Investing in Girls Alliance is to improve services for middle school girls in central Massachusetts through research, education, advocacy, and collaboration.

For more information [IIGA](http://www.womeninactioninc.org)

How to become a Women In Action, Inc. Member

To renew or join WIA Inc., you may use PayPal or credit card online at <http://www.womeninactioninc.org/become-a-member> or use this form:

Membership Levels:

- Active VIP WIA Member \$100- \$125
- Active WIA Member \$50- \$75
- Associate WIA Member \$30 - \$80

Enclosed is my check for \$_____ payable to

Women In Action, Inc.
Worcester, Ma

Name:

Address:

City:

Sate:

Zip Code:

Email:

Phone:
