

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 33, Number 3, January 2020

Upcoming Programs

Amazing "Spread the Love" Program!



The "Spread the Love" program that began at the November Luncheon will culminate with drawings at the February "Bring a Friend" Luncheon.

Any member who brings a guest to any lunch in November, December, January or February will be entered into a drawing to win a free lunch. Those guests will be entered into a drawing to win a free membership and any new members joining during November, December, January or February will be entered to win a free newsletter ad!!!

Don't Miss Out — Bring a Friend to Lunch this Month!!!

N@N February 6 — Kerry Garofano and the CT Humane Society

Kerry Garofano and the CT Humane Society will host our next Network at Night and discuss Social Media Best Practices for business engagement, 6-8pm at 169 Old Colchester Rd, Quaker Hill, CT. Click to register, www.sectwomensnetwork.org/events



January 2020 Luncheon

Networking to Build Your Business

Join us Wednesday, January 15, 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

During this luncheon presentation, Steve Porcaro will share his 10 years' worth of experience, tips and best practices with you on how to network and grow your business, build your team, or transition to a new career.

Networking gives us a tremendous opportunity to communicate with colleagues, customers, and prospects. It allows us to create and use our personal brand and helps us spread our message in a stress-free and informal way.

During this interactive presentation, you'll come away with at least one idea or action that you can use right away to increase your networking success. This presentation is ideal for networkers, business owners, managers, customer service teams and sales people who de-

pend on the ability to effectively communicate and quickly connect with people. ■



Network attendees should arrive at **Langley's Restaurant** in Waterford at 11:30 am for registration and networking, lunch at 12 noon. The public is welcome. **Reservations are required.**

All attendees: please make your reservations or cancellations for the **January 15** luncheon online 24/7 **by 12 midnight, Sunday, January 12.** www.sectwomensnetwork.org/events

Cash or checks for **\$25** made out to the Women's Network will be collected at the door. **Reservations after 12 midnight on Sunday will pay \$30. Reservation no-shows and late cancellations will be billed.**

February 19, 2020 — Speed Networking Luncheon

*Friendship
Month*



Bring lots of business cards and join us for fun with Speed Network-

ing! This will be the culmination of our "Spread the Love" Program and the drawings for a free lunch, free membership and free ad will take place!!!

Don't Miss Out — Bring a Friend to Lunch this Month!!!
Click to register, www.sectwomensnetwork.org/events

WE Want YOU!

We Need Your Help! Join the Luncheon Committee! What is it? It is a great way to finally "put a name with the face"! We are the people who sit at the front table checking luncheon registrations. If we have enough people, you would only need to help at the front table every few months. Will you accept the challenge? Put a name to that face and meet more Network members! Please reach out to Kate Bellandese or any board member if you would like to join the Luncheon Committee. Thank you!



President's Message

Happy New Year!

I hope that you all had a wonderful Holiday Season! I am looking forward to a great New Year and many fun events for the SECT Women's Network.

At this time of year, most of us reflect on the past year and set or review our goals for the New Year. One very interesting fear that I recently read about is the "Imposter Syndrome", most often experienced by women. Do a google search and you will find multiple references to this and the study that coined this term. It is the feeling that we are not as successful as other people believe, and that sooner or later we will be discovered as an "imposter". The feeling can be so overwhelming that it stops us from pursuing our goals because we don't feel "good enough".

I urge you to ignore that voice and focus on your successes. Some of you have mastered this, while others have not yet realized their full potential.



<https://www.classycareergirl.com/2015/12/plan-new-year-right-way/> and <https://www.psychologytoday.com/us/blog/real-women/201809/the-reality-imposter-syndrome> have some great ideas for dealing with this and ignoring that negative inner voice.

With the start of the New Year, I request that you consider joining a committee and spend just a little of your time helping us make your SECT Women's Network even better! We want you and your valued input on our committees!

We have some great luncheon and Network at Night events planned for 2020! Follow us on Facebook and our website to keep up with our latest events.

Here's to a GREAT New Year!

Denise Howard
President

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New! Table-Top Advertising at the Monthly Luncheons

Table-Top advertising at luncheons is now available. \$50 will purchase a full-color 3.5" wide x 4" high ad on the luncheon tables for one year! The limited spots are going fast! For information contact Judy at jwhite5506@sbcglobal.net.

Network @ Night Looking for Hosts/Sponsors

We are looking for members (or their businesses) who would like to host or sponsor a Network @ Night evening after-hours networking event.

Hosting or sponsoring is a great way to let members and guests learn more about your products and services.

For more information contact Denise Howard at bestwellness4you@gmail.com.

*Members Enter to Win Free Advertising

The drawing basket for free advertising will be placed at the registration table. **Members only** may place their business card in the basket for a chance to win free advertising. Attend a luncheon and enter to win!

Must be present to win.

Featured Business at Cameo Table

Michelle Dempsey will be showcasing her business as a Title 19 Specialist at the January 15th luncheon. Please stop by the table to meet Michelle and learn more about the service she offers. Visit her website at www.title19help.com.

Safe Futures – Giving Basket

A purple basket will be available at the monthly luncheons to donate much-needed items for Safe Futures and their residents. Please donate cleaning supplies...or any item listed on their wish list. Click on link to view their entire wish list. <https://www.safefuturesct.org/giving/our-wish-list>

Thank you for your generosity!

November Drawings

Luanne Hespeler won the article in *The Resident* newspaper. Leah Goldenthal won the Spotlight Article in our *Network News*.

Michelle Dempsey won the Cameo Table at the January 15th luncheon.

Email information to Judy Ricketts-White to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.



[Like us on Facebook](#)

Join and Post to the Network's New Facebook Group Page

One fairly untapped member benefit is the Network Facebook Group page. We encourage you to share your business and personal news on the Network Group page. Members must post their event or information on the Network Facebook Group page themselves. If you have questions about how to post, contact Denise Howard, Publicity Chair bestwellness4you@gmail.com.

For more Network information and articles see our website: www.sectwomensnetwork.org

Copy Deadline is the 20th of the month to appear in the next month's issue. Email copy to Editor Judy Ricketts-White at jwhite5506@sbcglobal.net. The SECT Women's Network reserves the right to edit copy submitted for inclusion in the newsletter.

Network Board Meeting Friday, January 10

The next Network Board Meeting is Friday, January 10, 8 am, at Groton Inn & Suites, 99 Gold Star Highway. All members are welcome to attend.

All Attendees: make reservations online for the **Wednesday, January 15, 2019 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at**

**www.sectwomensnetwork.org/events
no later than 12 midnight, Sunday,
January 12, Reservations are required.**

Reservation no-shows and late cancellations will be billed.