

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 30, Number 3, January 2017

Upcoming Programs

February 15, 2017

*Bring a Friend to Lunch,
and be entered into a
drawing to win a free lunch.*



Business Improv—Amp Up Your Confidence and Lead! —Ellen Ornato

Our best and brightest leaders think on their feet, adapt to change, and engage effectively with others in a variety of situations. Learn how it's done!

During this fun, interactive introduction to Business Improv you'll participate in exercises and discussions that will help you to connect more easily with others, think creatively, and engage with boldness and laughter.

Join Ellen Feldman Ornato, co-founder of ConnectAnd Improv for this energizing, out of the box experience.

ConnectAnd Improv is a personal and professional development company that marries principles and skills from improv with business skills development. ConnectAnd is on a mission to infuse more human connection and clear communication into the business world!

Ellen Feldman Ornato is a skilled Improviser and upbeat, compassionate facilitator who leads engaging conversations about challenging and rich content. She has 20+ years of facilitation and training experience in workplaces, schools, and on university campuses. Ellen holds a BS in Sociology & Spanish and an MA in Urban Planning. She has worked in city planning, economic development, event PR & marketing and

January 2017 Luncheon

Healthy Boundaries for Kind Business People

Join us Wednesday, **January 18** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Healthy boundaries are the container for all of the work you do – they are the infrastructure for your life and relationships. You want them to be healthy, easily articulated, clear, and kind (to both others and yourself). Traditional advice about boundaries has, perhaps, failed you (especially in business) because it doesn't feel like an extension of you and your values. This can lead to the angst of resentment, the feeling of being overwhelmed, and feeling like your business has more control over you than you do over it.

Karen C.L. Anderson will help you get clear about cultivating, honoring, and articulating healthy, kind boundaries so your work (and life) has deeper and longer-lasting impact — and even better, your clients, customers, and coworkers will get your best and you will enjoy your work more than ever.



Karen is a life coach, writer, and author of "The Peaceful Daughter's Guide To Separating From A Difficult Mother." When she writes about her life and experiences, in an effort to explain them to herself, she finds that it resonates with others. She is dedicated to the concept that the truth never creates suffering and that all stories can be told through the lens of truth.

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 Wednesday, **January 18** luncheon online 24/7 **by 12 midnight, Sunday, January 15.** <https://sectwn.wildapricot.org/events>

*** Note change in time for deadline.**

Cash or checks for **\$22** made out to the Women's Network will be collected at the door. **Reservations after 12 midnight on Sunday will pay \$27. Reservation no-shows and late cancellations will be billed.**

community relations for a variety of organizations including a large regional retailer.

March 15, 2017 Speed Networking

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Upcoming Programs...from page 1

Bring your business cards and enjoy making new friends and business connections during several rounds of **Speed Networking!**

Evening Event



February 24, 2017

Drunken Palette – Mardi Gras Night – 7-9 pm – New London

This promises to be a fun evening! Join us! Sample the beignets, explore your artistic talents and make new friends! Cost is \$35 per person plus gratuity. Food & Drinks will be provided.

Register online <https://sectwn.wildapricot.org/events>

Network Mastermind Groups

The concept of the Mastermind Group originated in the early 1900's in Napoleon Hill's book "Think and Grow Rich." He defined the Mastermind principle as: "coordination of knowledge and effort by two or more people, who work toward a definite purpose in the spirit of harmony."

There is synergy of energy, commitment, and excitement that participants bring to a Mastermind Group. The beauty of the Mastermind format is that participants raise the bar by supporting each other to achieve professional objectives, brainstorm ideas, and support each other with total honesty, respect and compassion. Mastermind participants act as catalysts for professional growth.

President's Message



Positive Ways to Start the New Year!

Happy New Year to all! A New Year is a wonderful time to recharge life's batteries by learning something new, adding new adventures and/or trying to do something outside your comfort zone. Two years ago, I stepped outside my comfort zone and said yes to then President elect Phyllis Nelson's request to join the Network's leadership team. I took that great leap into new territory and have loved every minute.

As I have said many times, the SECT Women's Network consists of volunteers who work diligently throughout the year to respond to members, find programs that are beneficial to them and continue to meet the needs of a new generation. As always, we welcome members' ideas and feedback about programs, and continued support. This year the Network has put together some great ways to start 2017.

One way would be to join us for a

program about kindness entitled, "Healthy Boundaries for Kind Business People." What a perfect subject to set a positive tone for the year. Network member Karen Anderson, will be discussing this on January 18th. February 15th you can bring a friend and enjoy listening to Ellen Ornato discuss Business Improv. How do those two words go together? Join us and find out. March 15th offers a favorite program, Speed Networking. Bring those business cards and make connections. There is more to come!

How about celebrating Mardi Gras, eating beignets from Sift Bake Shop and creating artwork at the Drunken Palette? You can enjoy all of that on February 24th at the Network's evening event. I cannot wait to create a piece of artwork, network with colleagues and enjoy those beignets!

*President
Kathy Greene*

Participation in the Network Mastermind program is voluntary and free as part of your Network membership. It is a growing, evolving program intended to

give Network members an opportunity to connect and support each other

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Mastermind Groups...from page 2

even more intimately in achieving personal and professional objectives.

Network members who are unable to attend regular luncheon meetings find the Network Mastermind groups a great way to connect and participate with other Network members. The only cost is the price of your meal and drinks.

Mastermind groups meet once a month. Pavé Group meets the second Monday of the month from 5:30 p.m. - 7:30 p.m. in Waterford. Meeting dates are standing dates, but are subject to change.

Groups range from three to 15 members. Participants support each other to achieve professional objectives and brainstorm ideas with total honesty, respect and compassion. A commitment is important.

Anyone interested in Mastermind is encouraged to visit a group meeting. An RSVP is required.

For more information about or visiting our Mastermind group, please contact Judy Ricketts-White jwhite5506@sbcglobal.net.

Upload Your Avatar!

Now you can upload your photo on the new website — your very own avatar! Another benefit of being a member is the “Featured Member” — a revolving program that shows your photo and business information.

Add Your Photo to Your Member Profile

New Members

Diana Buscetto, Sava Insurance Group Inc., 750 Broad Street, Waterford, CT 06385, Phone: 860-437-7282 ext 21
Email: dbuscetto@savainsurance.com
Website: www.savainsurance.com

Diana is Vice President and Business Development Manager of Sava Insurance Group LLC. She is a highly motivated insurance executive trained in property, casualty and all aspects of the insurance business. Diana consistently increases sales and expands client base through targeted marketing lead development and in-depth knowledge of market trends. She strives to exceed customer service expectations.

Janice E. Chamberlain, P.T., A.T., C., First Physical Therapy, 85 Beach Street, Building D, Westerly, RI, 02891
Phone: 401-348-8112

Email: fristphysicaltherapy@verizon.net

Website: www.firstptri.com

Second Location: First Physical Therapy, 14 Clara Drive, Suite 3, Mystic, CT 06355

Phone: 860-245-0851

Same email and website addresses.

Janice is the Owner and Physical Therapist at First Physical Therapy. She has 30 years of experience as a Physical Therapist and is a Certified Athletic Trainer. Janice has years of experience working in Health Care, with Olympic Ice Skating and Gymnastics Teams, and other sports and performance teams.

Barbara Rice, Sava Insurance Group Inc., 64 Twin Lakes Drive, Waterford, CT 06385
Phone: 860-449-3949

Email: ladygolfer76@gmail.com

Barbara is retired and in transition ready for a new focus and purpose for her life.

Correction: **Kathy Thomas**, Shoreview Travel's correct website address is: www.shoreviewtravel.com



[Click for more information or to purchase book.](#)

NETWORK News Display Ads

Advertising in the SECT Women's NETWORK News is an economical way to reach a select group of professional business people.

Rates: NETWORK members: \$15/month; \$40 for 3 months. Nonmembers: \$25/month; \$70 for 3 months. Ad size: 2" h x 3.5" w. Double-size ads 4" w x 3.5" h, double the price. Visit

www.sectwomensnetwork.org for more information on advertising opportunities with the Network.

Contact Judy Ricketts-White for more information, jwhite5506@sbcglobal.net 860-439-1854.

Wawa Report – January 2017

Fantastic progress is being made in every area of our new Wawa complete online system. All processes are being tweaked and refined: membership accounts and information; accounting and banking files; online membership renewal and self-service member accounts information; and registration for luncheons and events. Additional systems being refined are payment processing via credit cards, invoices and receipts. The new website is about 95% complete. We hope to have the whole system entirely completed during the month of January 2017.

This new system is making information about our Network and events more accessible to more people.

We are grateful to all our members and friends for their patience during this transition.

Remember to Check Out Luncheon Photos on Facebook

Not able to attend a luncheon? Now you can see photos of your friends having fun at the luncheons on our Facebook page and also on our website.

Many thanks to Photographer Sheree Sirpenksi for taking these memorable photos.

Thank You for Your Generous Donations

Your gift cards and other monetary donations for the women and children at Safe Futures went a long way to making the holidays a little brighter for those living at the Safe House.

Thank you for your generosity!

Posting to the SECT Women's Network Facebook Page

One fairly untapped member benefit is the Network Facebook page. We encourage you to share your business and personal news on the Network page. Members must post their event or information on the Network Facebook page themselves, then their news will be shared and will reach our 800+ friends. If you have questions about how to post, contact Denise Howard, Publicity Chair bestwellness4you@gmail.com.



[Like us on Facebook](#)

Please remember to post your events on the Network [Facebook page](#), then email information to Judy to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.

Network Board Meeting Friday, January 13

The next Network Board Meeting is Friday, January 13, 8 am, at the Hampton Inn, 300 Long Hill Road, Groton, Connecticut. All members are welcome to attend.

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.

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

All Attendees: make reservations online for the Wednesday, January 18, 2017 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at <https://sectwn.wildapricot.org/events> no later than 12 midnight, Sunday, January 15, Reservations are required.

Reservation no-shows and late cancellations will be billed.

*As a career woman, you are unique!
So, your insurance protection should be
matched to your needs.*



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from your home or a small business owner in
your community, we can help you.*

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