



DIVERSITY & INCLUSION GROUP

northeastern wisconsin chapter

July/August 2019 Newsletter Update

Thank you to Aon for hosting the June Diversity & Inclusion Event presented by Women's Leadership Coaching!



Webinar Summary

The featured topic was "The Juggle" presented by the following speakers:

- Selena Rezvani, VP of Consulting & Research – Be Leaderly,
- Adrienne Burch, Management & Program Analyst – Office of Civil Rights, Diversity & Inclusion, USDA APHIS
- Liz Curran, Senior Consultant – Leadership & Management Development – MetLife
- Rod Wilson, SVP Wealth Management Strategy Execution Manager – Bank of America

We need to change the delusion that we need to burnout in order to succeed. We have a much better understand of the battery status of our iPhone than the state of our own wellbeing. (Arianna Huffington)

What causes burnout?

- Lack of Control
- Insufficient Reward
- Lack of Community
- Perceived Lack of Fairness
- Conflict in Values
- Work Overload

3 Tools for Work-Life Balance:

1. Create a Balance Sheet – what's important to you
2. Create a "Not-To-Do" List
3. Just Say "No" – no explanation, no excuse, no apology

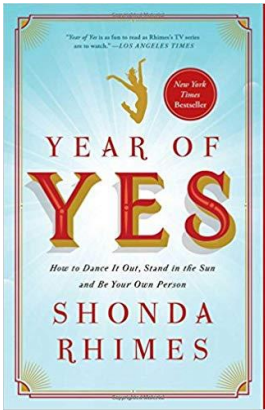
5 Ways to Keep your Priorities Close:

1. Add them to a sticky note in your car
2. Save them as the background image on your smart phone
3. Set pop-up reminders in your e-calendar
4. Enlist an "accountability – buddy"
5. Have conversations at work to set boundaries

To view the presentation materials please use this link: <https://feinew.org/page-8689/7670710>

July/August 2019 Newsletter Update – Continued

*Recommended Reading Selections



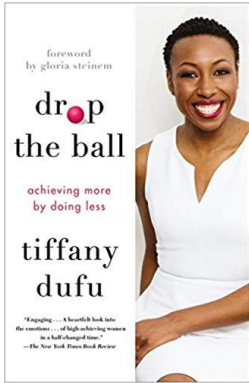
The Year of Yes

Author: Shonda Rhimes

The instant *New York Times* bestseller from the creator of *Grey's Anatomy* and *Scandal* and executive producer of *How to Get Away With Murder* shares how saying YES changed her life. "As fun to read as Rhimes's TV series are to watch" (*Los Angeles Times*).

This poignant, intimate, and hilarious memoir explores Shonda's life *before* her Year of Yes—from her nerdy, book-loving childhood to her devotion to creating television characters who reflected the world she saw around her. The book chronicles her life *after* her Year of Yes had begun—when Shonda forced herself out of the house and onto the stage; when she learned to explore, empower, applaud, and love her truest self. Yes.

[Click here](#) to read the complete book summary and also explore purchase options.



Drop the Ball

Author: Tiffany Dufu

Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them with no bandwidth to do what will most lead to their success. Offering new perspective on why the women's leadership movement has stalled, and packed with actionable advice, Tiffany Dufu's *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others—only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

[Click here](#) to review the entire book summary and review buying options.

For a quicker read, take a look at the following article: Oprah.com Article – [The Real Reason You're Burned Out](#)

*Additional articles are available with our chapter's webinar subscription to Women's Leadership Coaching:

<http://www.beleaderly.com>

Next Diversity & Inclusion Group Event

1. **Tuesday, August 20, 2019 | The Leadership Pipeline | 11:45 AM – 1:15 PM**
Women's Leadership Coaching Webinar | Hosted by Weidert Group
1107 E. South River Street | Appleton | WI | 54915

Summary

In this webinar, hear from speakers who are fired up about cultivating upcoming generations of diverse leaders. Be inspired by how they're creatively deepening their talent bench and learn the factors to consider as you construct a pipeline to your ultimate role. You'll find out what behaviors get "high-potentials" noticed – and see how the succession planning process unfolds behind the scenes.

[Click here](#) to register!

July/August 2019 Newsletter Update – Continued

Guest Speakers

Shachella James, PMP, Vice President Technology Operations at CenterPoint Energy, and one other to be announced.

2019 Fusion Event Update

Registration for the 2019 FUSION Event is already full! A few additional seats are available due to the generosity of Great Northern Corporation (GNC). Please review the event information below and contact FEI Chapter Administrator, [Michelle Weiss](#), if you are seriously interested in attending this annual event.

Date: Tuesday, September 17, 2019
Speaker: [Connie Podesta](#)
Location: Fox Cities Performing Arts Center (PAC) | Downtown Appleton
Time: 2:00 PM – 4:30 PM (Registration begins at 1:00 PM)

What is the FEI Diversity & Inclusion Group?

FEI National continues to encourage local chapters to focus on diversity within our membership. Women executives face a unique set of challenges in balancing their careers and personal lives. This special interest group is focused on exploiting the talents of individuals and creating opportunities to improve personally and professionally. As a result, we hope to increase membership engagement in our chapter and create additional ways for our female members to find value in the FEI experience.

Diversity & Inclusion Group events are open to the following individuals:

- Members of FEI NE Wisconsin Chapter
- Managers and executives within an FEI Member's Company
- Representatives of our strategic partner companies
- Prospective chapter members
- Guests of any of the above
- **While some event topics are geared toward women, men are welcome and encouraged to attend and participate**



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