

AVON WOMEN ENTREPRENEURS JUNE 19, 2018 - MINUTES

HOST: Carol Sikora, River Ridge of Avon

30-Second Intros

Upcoming Chamber Events

- **Monday, August 6 – Health Fair** – ACOC's Health Council is partnering with the Avon Free Public Library. The first 100 people attending will get a \$1 certificate that can be spent at the Farmers Market being held at the same time.
- **Saturday, September 29 – Celebrate Avon Day** – The Chamber will have a booth. Come visit.

SPEAKER: Susan Levine, Women Reshaping Lives

Susan's first career was singer, music teacher and cantor for the Farmington Valley Jewish Congregation. She is also a wife, mother and grandmother. When she retired from her first career, she took a job she was poorly suited for even in the face of warning signs. She hated it. After 6 months she quit. This was big—she had never quit anything before; she had always stuck it out.

In 2012, she opened Women Reshaping Lives. She knew she wanted to help women, and she recognized that we are all going through change all the time. We need to understand what is underneath our reaction to change.

Transition is moving from one state to another. Stuff happens all the time and it affects us—for example, traffic jams. Who we are, our values and skills come into play. You learn from change. It can be scary, exciting, both. Barriers to change include:

- Feeling you don't deserve better
- You don't see alternatives
- You don't know what you want
- You find good reasons not to change
- Fear
- Lack of cooperation or sabotage by friends or family
- Being a perfectionist

We are never finished developing at any age. It is up to you how your story is written. When you get stuck in "why me?" you find it difficult to deal with change.

Announcements and Member Events:

- Sandy Cook, **Home Helpers**, gave a talk on caregiving at the Farmington Valley Arts Center on June 21st.
- **River Ridge** help a tag sale to support employees needing assistance on Saturday, June 23rd.
- **FOCUS Center for Autism** held its big fundraiser on Sunday, June 24th
- **Saturday, June 29th** – Shioban Cefarelli, The Lavender Group, is sponsoring a Women with Purpose Networking Event at the Grandview Health and Rehabilitation Center in new Britain – for information visit www.lavendergroupllc.com
- **Thursday, July 12th** – A group of Chamber women are attending the Gifts of Love Farm to Table Dinner – go to www.giftsoflove.org to buy your ticket.

AWE Business: Future Meetings:

- July 19 – Apple Rehab Avon – Host; Dana Culligan - Speaker
- August 21 – Beach Day hosted by Lisa Bohman – limited to about 15 – contact Lisa to attend
- September 18 – Shihan Skin Care – Host; Home Helpers – Speaker
- October 16 – Bill Selig Jewelers – Host & Speaker
- November 20 – Holiday Showcase – let Lisa know if you want to show your wares
- December 18 – Social at Apple-Rehab with \$5.00 Yankee swap
- January 15, 2019 – River Ridge – host & speaker
- February 19 – US Wealth Farmington Valley – host & speaker