



President's Message

Do you have a career plan?

I often wonder at how passive we can be with our careers. It seems like many of us, myself included, are heads down working on what's immediately in front of us without more than a fleeting thought about how and where we would like to grow our career. It is only when we experience change - usually brought on by some outside *force majeure* - that we are forced to stop, take stock, and begin planning or panic depending on our situation around what we will do next. But it is exactly then that it is too late. The time to make plans, invest in ourselves, and build a solid network (think future sponsors/advocates) is not in the midst of chaos and change, but while things are running relatively smoothly. Think about it: as women, we plan for so many large events in our lives and yet somehow planning our career growth seems to always get left behind. [Read the full article...](#)

Another Pre-packaged Salad at Your Desk?? NO WAY.

You deserve a lunchtime getaway with wonderful women from across the Triangle. Mark your calendar and plan to join us for the next **Quarterly Networking Luncheon on September 15 from 11:30-1:30!** Your ticket includes a buffet-style lunch at **Mez Contemporary Mexican Restaurant**, which you'll enjoy while networking with the CWNC community. Our Board members will be on-hand to share information about professional development opportunities and to provide a preview of upcoming events.

Free for members; \$24.99 for guests. Drop by for a bite to eat and a quick hello, or stay for the entire time. [Learn more and register today!](#)

Back to School with CWNC Scholarships

September means back to school! Help us make that a reality for deserving women across the Triangle. Each year, CWNC awards scholarships to local women to support their professional development and education, with a special focus on:



- Seasoned professional women transitioning into or expanding leadership roles via non-degree leadership classes
- Women transitioning into a new career (starting out in workforce, transitioning from military, gaining skills needed to enter the corporate workforce, etc.)

We **need your help** to ensure this program reaches more women than ever before! [Donate today](#) so that we can reach our goal of raising \$5000 by October 15. One hundred percent of the funds we raise will go directly to women in our community. Please consider making a tax-deductible donation today!

Here's another way you can help: Shop at [Amazon Smile](#), select Connected Women of North Carolina Inc., and a portion of the proceeds from your purchases go directly to help our organization help more women right here in our community. How easy is that??

Interested in applying for a scholarship? To find out more, please see our Application Process located here: Click here <https://cwnc.wildapricot.org/Application>

Speaking of Scholarships, Meet Our Two Latest CWNC Recipients

We're so excited to share with you that we awarded [scholarships to two Carolina Career College \(CCC\) students on August 22!](#)



Kate Strickland



Melissa Kennebrew



Melissa Kennebrew and **Kate Strickland** each received:

- A 1-year student membership to Connected Women of North Carolina
- \$150 in gas cards
- Training A Microsoft Office course from Carolina Career College / National Business Training

Melissa highlighted her experience in the military as a transportation operator, and her commitment to expanding her skills to work toward a career in the technology field and become "financially free in three to five years."

Kate shared in her application the journey she's taken through various jobs, to find her way to a career she is passionate about: technology. Currently working seven days a week between two jobs, her goal is to graduate from Carolina Career College and work for an IT company.

"We are so thrilled to partner with Carolina Career College to honor Melissa and Kate in their studies and help them move forward in their careers. They are both inspiring, amazing women," said Dawn Barnett, CWNC Co-President.

Work It Like You Mean It!

August Career Execution Workshop Offers Valuable Tips for Intentional Career Planning

Did you attend our **Professional Development Workshop** on August 24? We hope you were one of the more than 50 women who came out to spend an afternoon focusing on **Career Execution**. We had a fantastic line-up of local experts, who guided participants through topics like interviewing skills, getting the most out of LinkedIn, and developing a plan to shape your career. All this on top of the outstanding networking opportunities that happen at every CWNC event!

"Great **event**,
great **women**,
great **interaction**
– SO GLAD that
I participated!"

- Survey feedback from
August 24 workshop

If you attended, please take five minutes to [fill out our event survey](#). A special thanks goes out to our corporate sponsors: Qualys, ECPI University, and Cisco. We couldn't offer these great events without your support!



If you didn't attend, we hope to see you at our next workshop – CWNC offers so many [great opportunities throughout the year](#) to learn, grow, and build your network!

SOLD OUT: CWNC Mentoring Program

Good news and bad news: Our [mentoring program](#) this year is filled to capacity! We're so excited about the overwhelming response and hope we can serve even more of our members next year. We have over 30 mentees matched with mentors this year.

This six-month program runs once a year and pairs experienced leaders with mentees to provide career development support, feedback, and resources. Mentors and mentees meet one-on-one regularly to develop a relationship that offers a confidential, safe haven to discuss developmental and career goals and aspirations.

Now that we've paired mentors with mentees, the next step for mentors and mentee participants is [Mentoring Program Orientation and Kick-off Meeting on September 28](#) at 5:30pm. If you weren't able to join the program this year, we hope you'll put it on your calendar for next Fall!

Get Involved

CWNC has so many great ways to get involved; just [contact us](#) to learn more.

Internships

We offer opportunities through 3-month custom internships, designed by the intern in partnership with a CWNC Senior Sponsor. This model provides ample opportunities for members and interns to gain experience to help transition into a career focus area.

Volunteer

Join any of our [committees](#) and lend your talents alongside other women to promote career growth in NC. Choose from several areas to get involved including: Marketing, Scholarships, Events, and Program Management.

CWNC Board Members



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