

COTTAGE GROVE AREA

# Women in Business

*connect*

*learn*

*grow*

*Connecting Without Borders*

Women Empowering Women

June 2018

Join us at our next meeting:

June 15, 2018 at 7:45 am

Cottage Grove City Hall, 12800 Ravine Parkway, Cottage Grove

A program of the Cottage Grove Area Chamber of Commerce

**Be sure to register for the June meeting! [Wibcg.com](http://Wibcg.com)**

## In this issue

*Meeting topic*  
*Meeting Agenda*  
*Upcoming Events*  
*Coffee Sponsorship*  
*2018 Speaker Line Up*

*Next Meeting:*

*July 20 2018*  
*Summer Format &*  
*Networking*

NO DECEMBER MEETING

## Getting to Know You & Speed Networking

Our summer meetings are more casual and offer additional opportunities to not only network, but get to know each other better. In place of the one minute commercial, please think about and share three to five things we might not know about you (preferably not related to your business). Each participant is welcome to use two to two and a half minutes to share "Facts You Might Not Know About Me."

Following our introductions, we will do speed networking, giving everyone an opportunity to share about their business.



June  
Coffee Sponsor

 **presbyterian  
homes & services**

Norris Square

**Barb Leuthe  
Norris Square**



# Meeting Information

## Meeting Agenda

**7:45—8:00 am**  
Open Networking

**8:00—8:20 am**  
Members & Guests 1 minute  
Commercials

**8:20—8:30 am**  
Special Announcements

**8:30-9:30 am**  
Open Networking

## Upcoming Speakers, Greeters, Sponsors

~ June ~

**Summer Format - Networking**  
**Barb Leuthe & Becky Fox**- Welcome Table  
**Barb Leuthe** - Coffee Sponsor

~ July ~

**Summer Format - Networking**  
**Colleen Feil & Laura Devine** - Welcome Table  
**Beth Picha** - Coffee Sponsor

## Upcoming Events

June 14 –18 : **Strawberry Fest** @ Kingston Park <http://www.cottagegrovestrawberryfest.com/>

Monday June 25th: **2018 Annual Cottage Grove Area Chamber Golf Classic**

**11 am—6 pm** : River Oaks Golf Course

Tues July 11th: **Chamber Business After Hours Networking Event**

**4:30 pm—6 pm** : Location TBD

Contact: Jennifer Wenshou @ [office@cottagegrovechamber.org](mailto:office@cottagegrovechamber.org)



## Linda Fliss

### Life Coach



Contact email: [Linda@twincitieslifecoaching.com](mailto:Linda@twincitieslifecoaching.com)

Years in Business: 9

**Describe what you do in 3 sentences or less:** I create a customized health and wellness program for people who want create a healthier version of themselves by changing the bad habits that keep them stuck. We look at all aspects of their health, including stress management, relationships, and poor boundaries, to create a plan to address each problem area individually.

**One thing on your bucket list:** Run the Chicago Marathon.... I am doing it in October!

**Describe yourself in two words:** Flawed and Determined

**I am happiest when:** I am happiest when I am running in nature or spending time with my family.

**People would be surprised to know:** I am somewhat of an introvert.

**My perfect referral is:** A person, or “team” of friends, who are ready to put themselves first in their lives to focus on their health and happiness! Its short-term work for life-long habit change.

**Awesome deal or promotion you’d like to offer:** \$100 referral bonus for the Total Health Intensive in May.

## 2018 Speaker Calendar

January 19

Ursula Mentjes Sales Coach Now

February 16

Melissa Sonsalla Energy Leadership

March 16

Alissa Daire Nelson From Frustrated to Frickin Awesome

April 20

Mary Albright Why They Buy

May 18

Linda Fliss Twin Cities Life Coaching

June 15

Getting to Know You & Speed Networking

July 20

Small Connect-Learn-Grow groups & Networking

August Social Event

— Thurs Aug 16th  
LeDuc Mansion in Hastings :  
Apps, Drinks, & Tour -  
Watch for more info/  
registration

September 21

Jasmine Brett Stringer  
Seize Your Life

October 19

Mary Schmid Financial Topic

November 16

Chris Heeter Because the World Needs a Lot More Wild



## Become the Coffee Sponsor

**Cost: Coffee!** Coffee sponsors have their logo on meeting promotional materials and have a 3-minutes commercial spotlight at the meeting. Please bring coffee for about 25 people. (A snack is optional.) Sign up sheet is available at each meeting.



# Beth Picha

**Financial Services,  
Financial Advisor**

Contact email: [beth.picha@nm.com](mailto:beth.picha@nm.com)

Years in Business: 1

**Describe what you do in 3 sentences or less:**

Create committed and positive relationships with my clients by fostering trust, vigilance and integrity. Providing holistic financial solutions that benefit my clients in each stage of their lives.

**One thing on your bucket list:** To visit my family in Italy.

**Describe yourself in two words:** Determined, Energetic

**I am happiest when:** I feel that I have provided value

**People would be surprised to know:**

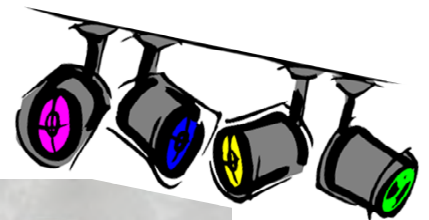
I am an adjunct professor and teach two MBA courses

**My perfect referral is:**

**Someone in transition. New marriage, New Home, New Job or New Business**

**Awesome deal or promotion you'd like to offer:**

**Free consultation!**



COTTAGE GROVE AREA

# Women in Business

*connect*

*learn*

*grow*

## Membership

Your first meeting is free, additional meetings are \$10.

**\*\* Dues increase:** In the 10 year history of Women in Business, membership dues have been at the current rate. As of September 1, 2018, membership dues will increase to:

\$75 / year for members who are also in Chamber of Commerce

\$100 / year for members not associated with Chamber of Commerce

**Member applications are available at every meeting or downloaded at our website at [www.wibcg.com](http://www.wibcg.com).**

We'd like to get to know you better and "spotlight" you in our monthly newsletter. Share about yourself, your business, and a feature promotion you'd like to pass on to our members. Fill out a "Spotlight" form and return to Laurie Levine or other committee member. Send a photo (selfie or jpg headshot) to [laurie@keechmedia.com](mailto:laurie@keechmedia.com) to accompany your spotlight article.

**Cottage Grove Area Chamber of Commerce  
Women in Business**

8617 West Point Douglas Rd  
Cottage Grove MN 55016

Connect with us

[wibcg.com](http://wibcg.com)



Do you have something you want to share in the newsletter? Send a pdf to the newsletter editor by the 5th of each month by using the email: [DrMegan@cottagegrovechiro.com](mailto:DrMegan@cottagegrovechiro.com)

Please put WiB newsletter in the subject line. Newsletters are sent out via email on the Wed. prior to each meeting.

Current editor:  
Dr. Megan Eckdahl  
Oasis Chiropractic

PLACE  
STAMP  
HERE